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The Gosselins on TV fame—and what keeps them close

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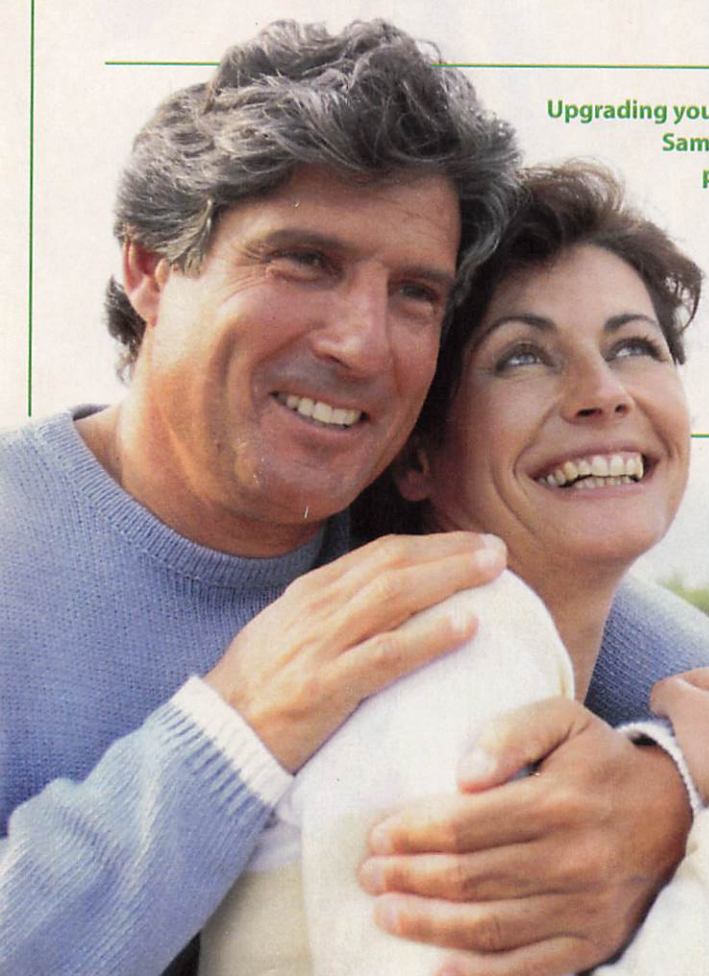

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CONTENTS

November

Features

144 A Conversation With Michelle Obama She talks about life in the media spotlight, her best mom moments—and her husband's biggest hope

146 A Conversation With Cindy McCain In an in-depth interview, she shares her husband's greatest strength and the cause she champions

148 Thanksgiving, Simplified Whether you want to serve a classic spread or tweak traditional dishes, eight easy recipes are all you need

154 A Family Affair Jon and Kate Plus Eight open up about the kids and the marriage secret that keeps them close By Jennifer Graham Kizer

158 Is It Safe to Heat Food in Plastic? New GHRI research sheds light on one of the hottest health issues By Florence Williams

162 Mad for Plaid This notice-me pattern doesn't have to highlight figure flaws. We've found the styles and silhouettes designed to flatter any size

168 5 Perfect Pies With our how-tos, making your favorite dessert is, well, as easy as pie

Good (Enough) Housekeeping

25 Easy Organizing De-clutter the dinner table

29 Speed Cleaning Tips for after the feast

31 Do It Smarter Reviving vintage linens

32 Total Time Savers Get shiny silver in a snap • Enter to win two dozen fire logs...more

34 Ask Heloise Removing candle wax • Wooden-table touch-ups • Garage-floor graffiti...more

Good Health

37 Relief from vertigo • Your husband's pill preference • Solving medical mysteries...more

42 Nutrition News Why bartenders may over-pour • Sprinkle on these disease fighters...more

45 Drop 5 lbs Holiday survival strategy • Fill up on flavor • Quick trick to get moving...more

47 Uncommonly Blessed I wasn't sure if I'd be here this Thanksgiving By Michelle Kingsfield

Good Buzz

55 Brooke Shields on her daughters • Celeb trend: long scarves • Blair Underwood's home movies • Diane Lane on aging gracefully • Lisa Edelstein's favorite workout • Nancy Pelosi's chocolate mousse recipe • Mariska Hargitay on activism • Celebrities share their favorite Turkey Day traditions...more

On the Cover

Thanksgiving cookbook **148**
Perfect pies **168**
Younger-looking eyes **67**
Jon and Kate Plus Eight **154**
Best ways to save **107**
Michelle Obama & Cindy McCain **144, 146**
Microwaving plastic **158**

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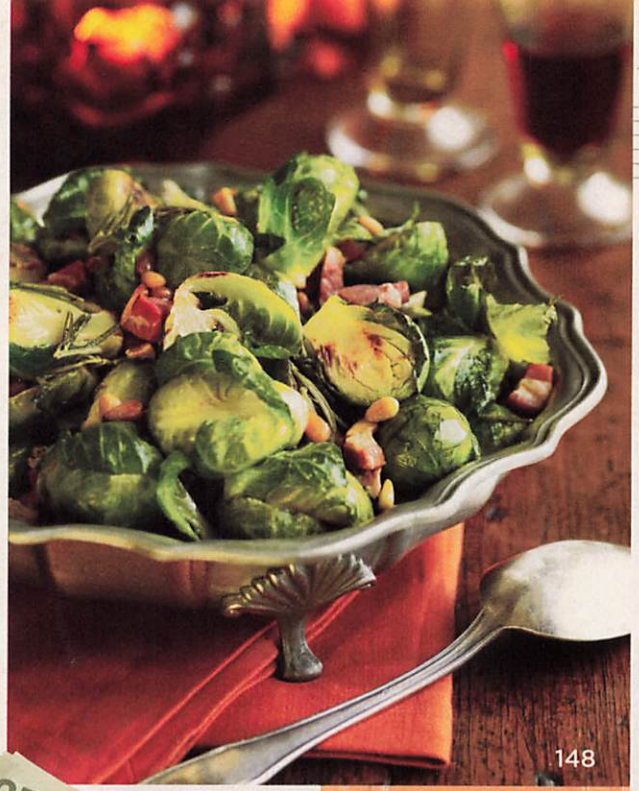
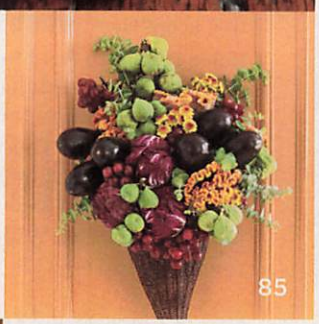
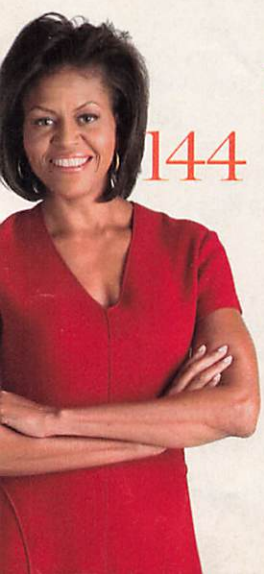


November

CONTENTS





In Every Issue

11 **Index** GH by topic
12 **On Our Web Site**
19 **On My Mind** Editor's note
20 **On Your Mind** Letters
22 **On Your Side** Online billing error
52 **The GH Seal** How it protects you
234 **Good Shopping**

Good Looks

67 The No-Knife Eye Lift Age-proof your eyes with these turn-back-time tips and treatments By Mary Rose Almasi

75 Good Deals: Beauty Essentials for your evening bag

76 Beauty News GHRI test: mending split ends • The other effect of age spots • What "unscented" really means

79 Trends for Grown-Ups Chic animal-print finds

80 Good Deals: Fashion Warm-and-fuzzy winter gloves

Good House

85 Idea File Fall leaf garland • Easy way to hang photos • Clever fridge magnets • Festive cornucopia wreath...more

91 Good Deals: Home India-inspired home accessories

93 Makeover: Dining Room Update for a busy eating area

Good Family

97 News The new flu-shot schedule for your child...more

99 The Secret to Better Grades These five strategies from academic stars can help any kid By Marcy Lovitch

107 Readers' Tips for a Shoestring Budget Try these clever techniques to beat high prices By Jeff Wuorio

111 Making the Most of Credit Card Rewards Find the right match—and start saving By Robert Trebilcock

The Goods

119 Gear Up for Guests Family's coming! GHRI-tested products and trustworthy tips to help prep your home

Good Advice

129 Lost...and Found People are reconnecting in record numbers. What are the risks—and rewards? By Sarah Bird

136 Ask Peggy Kids overusing "OMG" • Housing guests in a hotel • A guy on a girls' night out • Approaching the coach

139 Feed Your Soul Fretting about your weight or the size of your thighs won't do a stitch of good By Geneen Roth

Good Food

175 Storing opened wine • Microwaving chestnuts • Express Lane: sausage & polenta • Other uses for a veggie peeler • 5 ideas for fresh cranberries • How do I know if it's done? • Taste test: stuffing mix • Wine picks for under $20 • Cheater's guide to crème brûlée • Lower-fat green bean casserole • $3,020 cookware giveaway

202 Recipes in This Issue

Good Reads

187 Blog On feeling the burn By Kelly Corrigan

189 Book Picks Our favorite new reads

240 Blessings Open-door policy By Elinor Lipman

For *Good Housekeeping* subscription service, turn to page 200.

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November

INDEX

A subject-by-subject guide to this issue

Beauty & Skin Care
67 No-surgery eye lifts
75 Essentials for your evening bag
76 Beauty News: mending split ends, "unscented" defined...more

Celebrities
144 A talk with Michelle Obama
146 A talk with Cindy McCain
154 Life with Jon and Kate Plus Eight
55 Brooke Shields on her daughters
55 Celeb trend: long scarves
57 Blair Underwood's home movies
58 Diane Lane on aging gracefully
58 Carrie Underwood on stargazing
58 Nancy Pelosi's chocolate mousse
61 Mariska Hargitay on activism
61 Lisa Edelstein's favorite workout
61 LeAnn Rimes's canine pals
62 Celebrity Turkey Day traditions

Cleaning & Organizing
119 Gear up for holiday entertaining
25 De-clutter the dining room table
29 Tidying-up tips for after the feast
31 Ways to revive vintage linens
32 Make silver shine in a snap
32 What to do with old magazines
34 Ask Heloise: table touch-ups, removing candle wax...more

Decorating & Crafts
85 Idea File: fall leaf garland, hanger photo gallery...more
91 India-inspired home accessories
93 Redo for a busy dining room

Diet & Exercise
45 Drop 5 lbs: postholiday weight check, fill up on flavor...more
139 Living life and loving your body
184 Lower-fat green bean casserole

Fashion
162 Flattering checks and plaids
55 Celeb trend: long scarves
79 Chic animal-print finds
80 Warm-and-fuzzy winter gloves

Food & Nutrition
148 Simplified Thanksgiving meal
168 Beginner's guide to perfect pies
58 Nancy Pelosi's chocolate mousse
175 Microwaving chestnuts
175 Easy way to store leftover wine
175 Express Lane: sausage & polenta
176 5 ideas for fresh cranberries
176 Other uses for a vegetable peeler
179 "How do I know if it's done?"
181 Taste test: packaged stuffing mix
181 Great wine picks for under $20
182 Cheater's guide to crème brûlée
184 $3,020 cookware giveaway
184 Lower-fat green bean casserole

Giveaways
32 Enter to win two dozen fire logs
184 $3,020 cookware giveaway

Good Reads
187 Blog: on feeling the burn
189 Book picks
240 Blessings: four-star hospitality

Health & Wellness
47 A lymphoma survivor's story
37 Pain-free relief from vertigo
37 Solving your medical mystery
37 Your husband's pill preference
38 How to be a smarter patient
38 Each candidate's health-care fix
42 Surprising disease fighters
42 Why bartenders may pour more
42 Best hunger-busting foods
42 More benefits of a balanced diet
158 Are plastics dangerous?

Parenting
99 The secret to better grades
97 GHRI-approved: lice solutions
97 A wheel way to prevent obesity
97 The new flu-shot schedule

Psychology
129 Reconnecting: risks, rewards
136 Ask Peggy: overusing "OMG," housing guests at a hotel...more
139 Living life and loving your body

Safety
158 Are plastics dangerous?
97 GHRI-approved: lice solutions

Saving Money
107 Readers' budget-slashing tips
111 Making the most of credit cards
181 Great wine picks for under $20

Tech
22 Fingerprint-reading door locks
22 Online-order billing error
22 The power of recycling cans
119 Gear up for holiday entertaining

RECIPES
198 How we test recipes

Sides & Soups
176 Garnet bruschetta
184 Green bean casserole
191 Ginger & pear cranberry sauce
191 Marmalade cranberry sauce
191 Southwestern cranberry sauce
191 Vegetable-herb stuffing
192 Buttermilk mashed potatoes
192 Sausage, chestnut & mushroom stuffing
192 Whole-grain apple-fennel stuffing
194 Green beans with garlic
194 Green beans with hazelnuts & brown butter
194 Green beans with shallots
194 Mashed potatoes with root vegetables
194 Parsley mashed potatoes
194 Squash soup with cumin
196 Butterscotch-spice sweet potatoes
196 Ginger-almond sweet potatoes
196 Maple-cranberry sweet potatoes
196 Squash soup with curried pear
196 Squash soup with rosemary
198 Brussels sprouts with brown butter & chestnuts
198 Brussels sprouts with pancetta & rosemary
200 Brussels sprouts with lemon & chives

Main Dishes
175 Sausage & polenta
176 Ruby chicken
176 Tangy taco filling
200 Roast turkey with wild mushroom gravy
202 Roast turkey with roasted-garlic gravy
202 Roast turkey with white wine gravy

Desserts
58 Nancy Pelosi's chocolate mousse
176 Cranberry coffee cake
176 Linzer waffle sundaes
182 Cappuccino crème brûlée
182 Vanilla crème brûlée
205 Double-crust apple pie
206 Pear-cranberry lattice pie
208 Dark chocolate-walnut caramel pie
208 Old-fashioned pecan pie
210 Pumpkin pie with pecan brittle
215 9-inch baked pie shell

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We're kicking off our two-week **Countdown to Thanksgiving** on November 13. Follow our day-by-day guide to getting it all done, so you can actually relax on the holiday.

- Expert advice from Susan Westmoreland, GH's food director
- Best make-ahead recipes
- New twists on classic dishes
- Easy decorating and centerpiece ideas

The conversation continues in our exclusive interviews with MICHELLE OBAMA and CINDY MCCAIN

Holiday Stain Busters
Solutions for hard-to-treat spots

- CRANBERRY SAUCE
- GRAVY
- RED WINE
- COFFEE
- NAIL POLISH
- SOOT

Seasonal Sweets

Fifteen of our favorite holiday pumpkin desserts—including this crowd-pleasing pumpkin cheesecake with a secret ingredient: bourbon!

FIX ANY BEAUTY MISTAKE
Fast solutions to six common beauty blunders.

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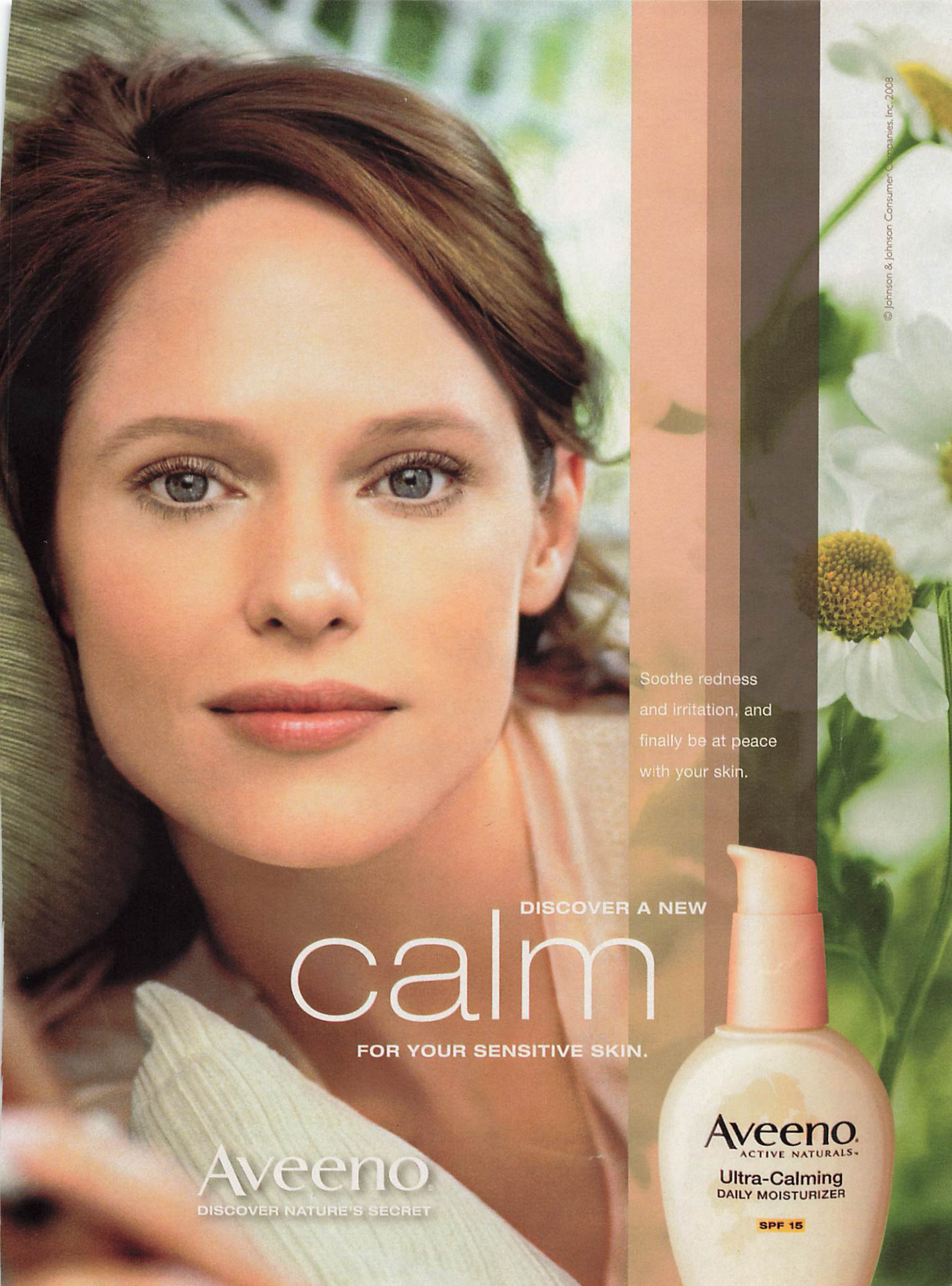
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Editor's Letter

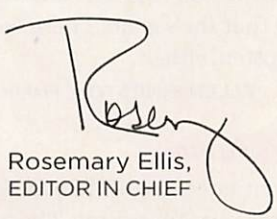
Americans generally fall into one of two categories: They either follow political campaigns avidly, even obsessively, or they seldom feel more than a passing interest in all the hoopla—another campaign, ho hum.

But this presidential election has been unprecedented, pulling even political cynics and bystanders into one of the most historic campaigns of our time. As a woman and an African American vied for the Democratic nomination, many people—no matter what party they belonged to, or whom they supported—took deep pride in seeing America reach these milestones. Many of us loved that our daughters saw a woman, for the first time ever, as a serious contender for the highest office in the land. Those among us who are African American or another minority swelled with pride to see a black American, for the first time ever, secure the nomination. And a fair number of right-leaning folks were happy to see someone with a reputation for bucking the system take the Republican ticket.

The intense focus on this campaign was the impetus for our interviews with the two potential First Ladies. In talking with Cindy McCain and Michelle Obama about their experiences on the campaign trail, the causes they embrace, the values they want to embody, and their attempts to protect their families, one thing became immediately clear: They are both devoted to their kids—and they both believe that the election of their respective husbands will help ensure the safety and long-term well-being not just of their children, but of the country. For more on their ideas and inspirations, and how they cope with the nonstop chaos of it all, turn to page 144.

No matter whom you support (and no matter how crazy a day you're having on November 4), please make the time to vote. Take your kids with you to the polls; let them see democracy in action. Political cynicism has become increasingly rampant in America in recent years—in some instances, for understandable reasons. But elections, especially presidential ones, are our surest shot at changing what's off track in our country and at charting a new course. Vote your hopes, not your fears. And may the best candidate win.

P.S. Watch for Good Housekeeping *in the Macy's Thanksgiving Day Parade: The legendary Good Housekeeping Seal will be gracing one of Macy's floats, in recognition of the great shows they've provided for generations of American families—from the parade to the Fourth of July fireworks to the spectacular flower shows. Congratulations to Macy's for being the very first to earn this honorary Good Housekeeping Seal for family entertainment.*

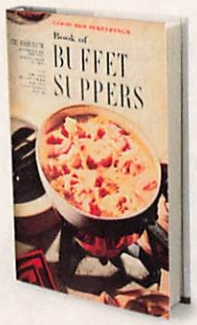


Rosemary Ellis,
EDITOR IN CHIEF

Photographs, from left: DAVID A. LAND, hair and makeup by Stephen Ramsey for artistsbytimothypriano.com (Rosemary); KEVIN MIYAZAKI, hair and makeup by Lisa Trunda for Ford Artists, wardrobe styling by Katy Robbins (Rosemary).

Dear GH,

"The money-saving ideas in your September issue were great," wrote Becki Wagoner of Lagro, IN. "Young homemakers need to know all the tips and shortcuts that you consistently serve up in GH—especially in these economic hard times. Thanks for your commitment to excellence." Another budget-conscious reader, Melody Ridge, from Wauwatosa, WI, also appreciated the timely advice and our special "Spend Less, Live Better" theme: "I sat down with my September issue and found page after page of great tips, helpful information, and enjoyable stories. I especially liked the fashion story—it featured outfits that I would actually wear, could actually find, and could actually afford."



Cookin' Good

"A recipe section from your January 1953 issue has a special place in my kitchen," writes Sue Countryman of Bedford, TX. "It's the Institute's *Book of Buffet Suppers,* and I continue to use it today even with all of the media coverage we have to teach us culinary skills. The now-ragged-edged pages have brought many dear dinner memories. Thanks for keeping the candle of cooking burning at GH."

Fax letters to 212-649-2485 or e-mail them to ghletters@goodhousekeeping.com. Please include your city, state, and a daytime phone number. Letters may be edited.

ENJOY WHAT YOU EAT

All my life I've been an emotional eater, but your line "when the pleasure stops, the overeating begins" in "The Pleasure Paradox" [*Good Advice*, September] helped me view food differently. Now I enjoy what I'm eating—every last morsel! Thanks for a life-changing article.

SONIA POWELL, Georgetown, KY

THE COMFORT OF FRIENDS

I raced to my computer to tell you how deeply moved I was by Claire Cook's story "Birthday Wishes," about her mother's death [*Blessings*, August]. It reminded me of my own sweet mother's passing—and of her dear friends who have given me so much comfort now that she's gone. These ladies won't be forgotten, either.

ELLEN KINGSTON, Fishers, IN

DELICIOUS SAVINGS

"What Convenience Costs" [*Good Food*, September] was very interesting. The "convenient" column totaled $9.86, while the "cheap" column racked up to $4.48—a difference of $5.38. That's over 50 percent in savings—so my $100 food bill could really be as low as 50 bucks.

ANONYMOUS, Baytown, TX

LISTEN UP

Peggy Post should have told the mother who made her daughter apologize for being rude to the crossing guard to also ask her child *why* she felt this way [*Good Advice*, September]. Courtesy is a must, but it's also important for parents to listen to their children's rationale—even if it's inappropriately expressed.

BETH JOHNSON, El Cerrito, CA

WELL READ

Your *Good Reads* Book Picks are wonderful, ranging from light reads to deeper selections. I'm constantly requesting them from my local public library.

RITA NICKY, Chicago

Photograph, top right, by J MUCKLE/STUDIO D

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close
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Advanced coverage so much like your own skin – it's virtually undetectable – no matter how close you zoom in. Why? It contains color spheres that are attracted to skin, so they don't just sit on top like other makeup. They spread out evenly and blend in seamlessly. See the difference up close, at covergirl.com.
Drew is close-up perfect in Trublend Natural Ivory.
SEE THE DIFFERENCE

Stacy Genovese, technical & engineering director

HELP FROM THE GH RESEARCH INSTITUTE

on your side

ASK OUR EXPERT

Q I saw door locks advertised that let you into your home by reading your fingerprints. Do these really work?

A: It may sound like something out of a James Bond movie, but that item is a fingerprint-activated lock, which uses scanning technology to recognize the prints of programmed users who place or swipe their finger on a sensor so the door unlocks or the garage opens. Those who are unauthorized are denied. Users are easily added or deleted, so you can grant temporary access without giving out your PIN or a key. Of the six we tested, we recommend BioAxxis BD1 door lock ($399, bioaxxis.com) and BioMetrx Master Lock Smart-Touch garage-door opener ($150, biometrx.net) for their accuracy and ease of use.

LIMITED WARRANTY TO CONSUMERS
Good Housekeeping Promises
REPLACEMENT OR REFUND IF DEFECTIVE

The GH Seal: What's in it for you?

We do something that no other magazine does: If any product that has earned our Seal is defective, *we'll replace it or refund the cost to you*—just notify us within two years of purchase (for details, see page 52).

GH TO THE RESCUE

Gift-Card Mishap

My husband, a regular customer of amazon.com, recently made a purchase using a gift card. Instead of debiting from the card, however, Amazon charged his checking account, which they had on file. When we called customer service, the representative said there was nothing Amazon could do because the order was processed and had already shipped. Can you help? *—Amanda Reed, Fort Worth, TX*

SOLUTION When Amazon looked up your purchase, they confirmed the money was taken from your checking account. They're not certain why you were billed instead of the gift card. They believe it was an unusual occurrence, because no other customers have made this complaint. To set things right, Amazon is giving you a store credit for $70 to replace the money that was taken from your checking account. In addition, the retailer will let you use the gift card and promises to expedite the shipment of your order at no extra cost.

TIP If you have questions about an Amazon purchase, try the "Call Me" service, where you can request that an Amazon operator contact you by phone within 15 minutes—no waiting on hold! Find it at amazon.com/contact-us.

SAVVIER SHOPPING

- Allowing trusted online merchants access to your billing information is safe and convenient, especially if you're a frequent customer. But for complete shopping peace of mind, you can opt out of that function. You'll be sacrificing a faster checkout, but you'll have total control over each purchase.
- No gift card? Do a Google search for the merchant name plus "coupon" or "promo code" to find offers for discounts or free shipping.

Do you have a consumer gripe and need us to come to your rescue? E-mail the details to totherescue@goodhousekeeping.com, and be sure to include your daytime phone number.

DID YOU KNOW?

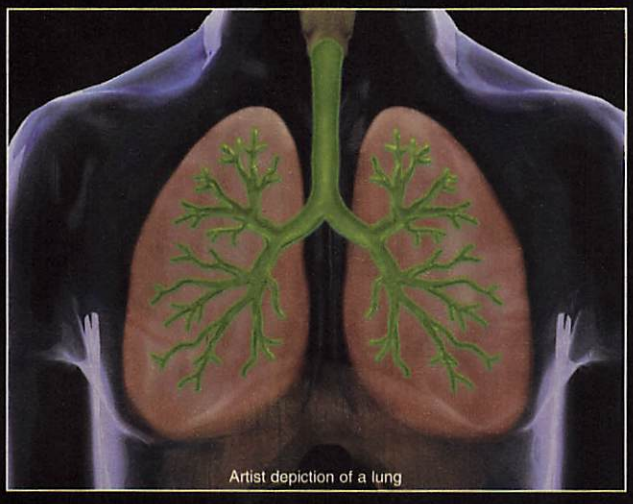
"According to the EPA, the energy saved from recycling just one aluminum drink can is enough to power a 100-watt bulb for 20 hours or a TV for two hours."

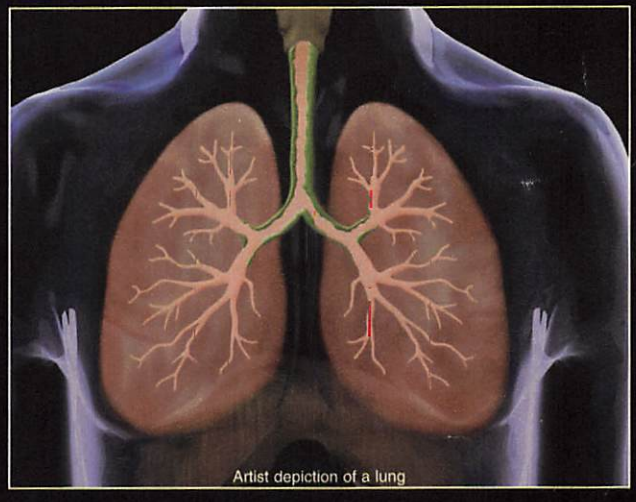
—Sharon Franke, GHRI kitchen appliances & technology director

Photographs: from left: DAVID TURNER/STUDIO D; courtesy of Amanda Reed; J MUCKLE/STUDIO D.

Robitussin® Knows

Why you cough. And what to do about it.


Artist depiction of a lung


Artist depiction of a lung

Robitussin® Knows—there are all kinds of coughs, for all kinds of reasons. For instance, Robitussin® Knows—that coughing is one way your body clears away mucus and congestion. That's why Robitussin® DM Max is formulated with a double dose* of the medicine that helps your body clear away mucus.

2X the mucus fighting medicine*

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good(enough) housekeeping

SIMPLE SOLUTIONS FOR SMART LIVING

EASY ORGANIZING | YOUR HOLIDAY SPREAD Before you begin baking and roasting, remove anything that's not Thanksgiving-related (in-process crafts projects, piles of catalogs) from your dining room. Then decide which Dutch oven, casserole dish, and servers will appear at the feast, and try them out on the table. Stick a note on each platter-and-utensil combo marking its purpose. You'll see what works where, and whether you're short on dishes and servingware. Plus, you'll avoid that last-minute scramble for a slotted spoon. →

Styling by Scott Horne

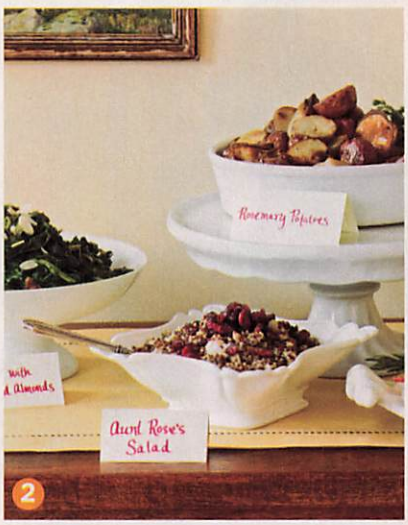
PHOTOGRAPHS BY ANDREW MCCAUL

keep vs. toss

- **KEEP** and clean takeout containers, margarine tubs, and similar lidded plastic dishes in the weeks leading up to Turkey Day, so that guests can use them to carry home leftovers (rather than whisk away your Tupperware when you need it most). Save sturdy shopping bags, too, for handy toting.
- **TOSS** expired or unwanted food and drinks to clear out the fridge and freezer before you go on your first grocery run—you'll need every inch of space. Then, don't waste those newfound nooks: Compress and store items like make-ahead salad or veggies in large resealable plastic bags instead of bowls.
- **KEEP** backup supplies. Catering pros will tell you that napkins, utensils, and glasses always get dropped or lost in the meal's bustle.

don't skip this tip »

To cut down on cleanup, pick bakeware that's nice enough looking to go from oven to table (see page 206 for GHRI picks), or dress up plain pots by wrapping a festive tea towel around the base.



1 CHILL OUT Save space in the refrigerator *and* on the sideboard: Set up a tray table with an ice bucket for chilling wine, along with glasses and an opener, so guests can refill without causing a bottleneck in the serving line. Stash sodas and other beverages in a separate ice bucket or bowl.

2 SERVE SMART Make it easier for people to navigate the feast by providing utensils that only require one hand, such as connected salad servers (and if your platters are roomy, it doesn't hurt to double up on serving tools). Also try using cake stands to elevate certain foods and clear space on the surface. Expecting folks that are new to your traditions—or thinking about testing out a few different dishes this year? Label food so that diners know what they're digging into.

3 PASS THIS ON Once everyone's seated, make sure the salt, butter, and other fill-in-the-blank condiments are within reach by stationing sauces, seasonings, and bread at each end of a long table. And even if food is being served buffet-style, have a napkin and set of utensils at each seat, so guests won't have to juggle them. ■

Click Here Get a stress-free guide to the big day at goodhousekeeping.com/thanksgiving

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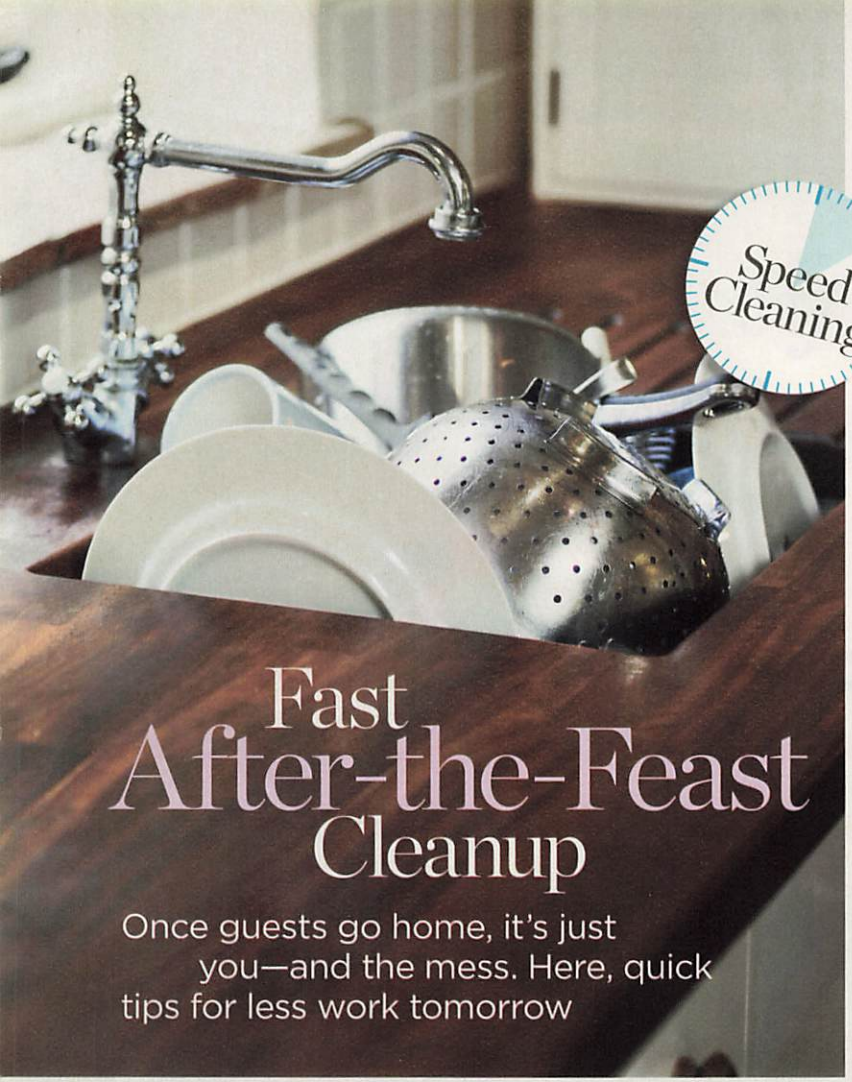

Speed Cleaning

Fast After-the-Feast Cleanup

Once guests go home, it's just you—and the mess. Here, quick tips for less work tomorrow

Biggest Challenges

1 Crumb- and food-covered table and buffet
2 Leftovers, overflowing trash
3 Dirty dishes and pans in the sink

Fastest Fixes

1 **Clear the table** If you only have the energy to get one room in shape tonight, the dining room is the easiest to accomplish. Take any remaining dishes, cups, and serving utensils into the kitchen (you'll deal with them in the next step). Then gather up the tablecloth or cloths, and shake crumbs over the kitchen sink or garbage can, or just take a step out your back door and toss the crumbs in the yard or nearest flower bed. Carry all the table linens to the washing machine. Fill it with warm water, add detergent, and leave the items to soak overnight (if you have a spare second, scan the fabrics for stains—red wine, gravy—and pretreat before soaking); you can finish the cycle in the morning. For antique or special-care linens, see "Vintage Linens Revived," page 31.

2 **Deal with leftovers** Food that you would normally refrigerate shouldn't sit out at room temperature for more than a couple of hours. So toss anything that's been out longer, like appetizer dips, salads, veggie platters, or cheese. Cover any leftovers you plan to keep with foil or plastic wrap before refrigerating (though most baked goods can stay out once covered or wrapped); if needed, transfer food to different, smaller containers the next day when you have more time. (See page 175 for tips on saving opened wine.) If there's room in the kitchen trash can, scrape dishes as well as cooled grease or unwanted gravy from pans into it—it's faster than emptying the sink to get at your garbage disposal, and better for your pipes, too. Seal up the bag; set by the back door. With any luck, someone else may get inspired to take it out. Or else you can haul it to the outdoor garbage can in the morning.

3 **Conquer the counters** Lastly, tackle what's left in and around the sink. Squirt grimy pots and pans with dishwashing liquid, and fill with very hot water. Set them aside on the counter or cooktop overnight—this extended soak will make them much easier to hand-wash later. Fill empty space in the dishwasher with dirty plates, glasses, flatware, and anything that fits, but don't bother to prerinse, because the machine will do the work for you (yes, *really*). Add the detergent and start the cycle. With any remaining dinnerware items, rinse and stack neatly in the sink. They'll get their turn at the dishwasher tomorrow.

Make It Easier Next Time

- Double- or triple-line the trash can, so you already have a clean bag in place when a full bag is removed.
- Have your kids or hubby unload the dishwasher before the guests arrive, so you'll have an empty machine ready to go for the after-dinner cleanup.
- Line broiling or roasting pans with foil before using, so baked-on bits, grease, and drippings are easily tossed away. —*Carolyn Forté*

Photograph by Mike Harrington/Getty Images

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it's not magic. well, maybe a little.

New Non-Toxic Spot Shot. eliminates even the toughest carpet stains, no matter how old or stubborn, with an environmentally-friendly formula that's safe for kids and pets. It's not quite magic - but with a combination like that, it might as well be. See for yourself at spotshot.com. Spot Shot. What Stain?

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FILE THIS!

Vintage Linens Revived

The top GHRI-tested tricks to bring timeworn fabrics back to life for the holidays

For Deep Cleansing

The good news: In just a day you can take years off those yellowed, stained antique fabrics, whether they're white or colored, cotton or linen, tablecloths, napkins, tea towels, or doilies. The bad news: It will take *all* day, so plan ahead. (The consolation: It may be 20 years before they'll need this again.) Follow the instructions on GHRI-test-winning Restoration Complete Cleaning Kit (Engleside Products, $18), but skip the presoak. Also, in our tests, even the dingiest items looked bright after five hours, rather than the recommended six to eight. Then do our special step: After rinsing, soak linens in white vinegar (three or four gallons for a tablecloth) for two hours, stirring every 30 minutes—it continues the brightening and takes out any color runs. Rinse until the vinegar smell is gone, and dry (*see far right*).

For Tough Stains

If your linens are mostly clean but still have that one set-in spot, here's a simple solution. Squeeze the juice of two lemons into a dish. Place the stained part of your fabric on top of a dry towel; spoon the juice onto the spot; cover with one teaspoon of salt, and gently rub in. Let sit a half hour, then rinse with vinegar, followed by warm water.

Easy Clean

For general care, hand-wash in a large sink or tub with warm water and a gentle detergent like Woolite or Dreft; rinse well and dry (*see right*). You can also run them through the delicate cycle in a front loader, but please don't even think about using bleach, regular detergent, or a stain treater, or washing in a top loader (even on the gentle cycle). They're simply too harsh.

When to Call a Pro

Damaged linens and those that are simply too fragile (lace, silk) for home care are best left to the experts. Just know it won't be cheap or fast—a 10-foot-long cloth can cost $40 to $135 or more, and during the holiday rush, work can take four weeks or longer. Call Mrs. Roles Private Hand Launderers, based in New York City (877-677-7653, mrs-roles.com), or the Laundry at Linens Limited, Inc., in Milwaukee (800-637-6334, linenlaundry.com).

To Dry Delicately

Any time you soak vintage fabrics, the fibers become even more fragile. So try this safe trick for drying: Lay out a colorfast bath or beach towel. Place your smaller item atop the towel, or fold a large tablecloth so it matches the size of the towel it's on. Roll linen and towel together, pressing until the towel is soaked; repeat if linen is still wet. Then, to air-dry, lay item flat or drape, folding if necessary, over a drying rack (not a clothesline or a shower rod, which can stretch linens).

Photographs, clockwise from top right: Foodcollection/PunchStock; PHILIP FRIEDMAN/STUDIO D (2). To buy Restoration, call 800-553-2637.

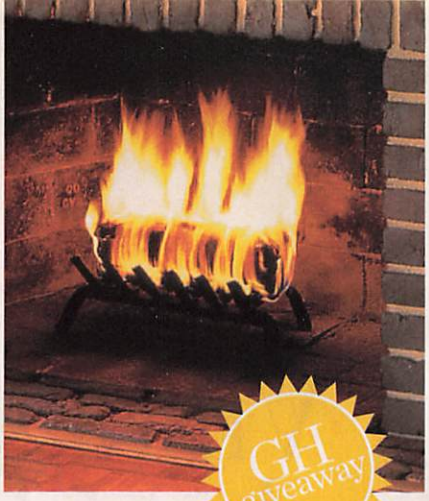
Click Here Learn how to remove tough stains from any fabric at goodhousekeeping.com/stain

Total Time Savers

SHORTCUTS TO MAKE IT LESS OF A CHORE

Make Silver Shine

GOOD WAY	vs.	GOOD *ENOUGH*
1 Gather a few thick, soft cloths and silver polish (see which of 21 polishes did best in GHRI tests, page 123).		1 This faster method uses a reaction between aluminum foil and tarnish, where the latter "jumps" from the silver to the foil. Note: For pieces with hollow handles or glued sections that can be damaged by soaking, or those where antiqued areas are part of the decoration, stick to the Good Way, *left*.
2 Always follow your product's label directions, but typically, you'll start by putting a small amount of polish onto the cloth, dampened if necessary.		2 Collect forks, spoons, and other basic pieces. Line a plastic (not metal) basin with aluminum foil, shiny side up. Place the silver inside. Make sure all pieces are contacting the foil or touching a utensil that is.
3 Rub the polish onto one utensil at a time, going in an up-and-down, not circular, motion to avoid highlighting fine scratches. Work polish into tight areas (between fork tines and into pattern crevices); add more to your cloth if necessary. Turn the cloth frequently as you work, so tarnish isn't deposited back on your silver. Depending on the polish and the darkness of the tarnish, it'll take anywhere from 45 seconds to a few minutes per utensil (longer for larger pieces).		3 Sprinkle in ¼ cup washing soda (find it at grocery stores). Pour in 1 gallon boiling water. Stir and let the silver soak 10 to 15 minutes.
4 Rinse the cleaned items in warm water; buff to a shine with a clean, dry, soft cloth. Admire your handiwork.		4 Wearing rubber gloves, remove the silver. Rinse, and buff with a clean, soft cloth. For very tarnished items, repeat the process.



GH giveaway

FREE FIRE LOGS—ALL SEASON!

Hanging out with your family around the fireplace is a favorite way to spend a winter's eve. If only starting the fire—and keeping it crackling—were easier. Here's a solution that doesn't involve trekking out to fetch wood, or layering paper, kindling, and logs, hoping they ignite evenly: Duraflame's nonpetroleum logs, which light nearly instantly, burn for up to 3½ hours with no tending required. Plus, they emit 80 percent less carbon monoxide and 90 percent fewer hazardous air pollutants than firewood. Fifteen GH readers will win three months' worth of logs (24), a $120 value. See page 236 for details.

Photographs, from left: Jim Franco/Getty Images; PHILIP FRIEDMAN/STUDIO D.

DOUBLE DUTY

Old Magazines

Roll up ready-for-recycling periodicals, and stick one into each of your calf- or knee-high boots so the footwear keeps its shape with no slouching or creasing.

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Febreze Fabric Refresher freshens both fabrics and air with one bottle by eliminating odors while spreading a light, fresh scent. For more information, visit **febreze.com**

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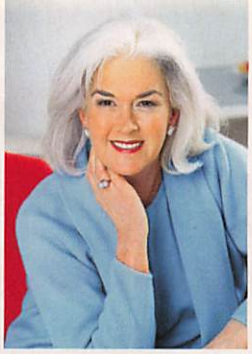
12 LUCKY READERS will win a Jolly Time Pop Corn Gift Bowl, including a variety of Jolly Time Pop Corn, a t-shirt, pedometer, a popcorn ball maker and much more! A retail value of $55.

No purchase necessary to enter or win the Jolly Time Pop Corn Sweepstakes. Sponsored by Hearst Communications, Inc. To enter, visit ghseal.com. The Sweepstakes starts 10/1/08 at 12:01 AM (ET) and runs through 10/31/08 at 11:59 PM (ET). Odds of winning will depend upon the total number of eligible entries received. Must be a legal resident of the 48 contiguous United States and the District of Columbia who has reached the age of majority in their state of residence at the time of entry. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules at ghseal.com.

Note: Not all models of Seal-holding brands are covered by the Good Housekeeping Seal. Visit website for details.



Ask Heloise

WHAT I'M CLEANING THIS MONTH

Table Touch-Ups

When company is coming, I follow Mother's rule: Pay attention only to the surfaces guests will see, such as the wooden dining room set, the buffet, the coffee table, and the end tables—**no one will notice those dust bunnies underneath the sideboard.** And my best cleaning friend is the upholstery attachment on the vacuum cleaner, because it quickly sucks up all visible dust. For surfaces that need a little more TLC, I put an old clean cotton sock dampened with a bit of cleaning polish on each hand, and I do what I call a Texas two-step—with both hands wiping swiftly, the job goes twice as fast. Here's an extra hint: You can make shallow scratches on wood less noticeable by rubbing in a bit of shoe-polish paste or crayon in a compatible color. Or crack open a walnut or pecan, and warm it in the palm of your hand to release the oil; rub the nut meat over the scratches. Wipe with a clean cloth and buff.

Listen to Heloise's podcast and discover more quick and easy hints at goodhousekeeping.com/heloise

Garage Graffiti

Q **Is it possible to remove permanent marker from concrete? My children drew pictures on our garage floor!**

Elizabeth Popella, via e-mail

Yes, you're in luck. First step: Wet the stain, then apply enough powdered or liquid dishwasher detergent (both of which contain bleach, as well as deep-cleaning agents) to cover. Scrub with a utility brush; let sit for 20 minutes or so; rinse or hose off. You may need to repeat. While cleaning, keep pets and kids away from the area.

Scrapbook Do-Over

Q **How do you remove photographs and newspaper articles from the adhesive backing in old-style photo albums?**

Carol Friedrich, via e-mail

First, do no harm! If the snapshot or album itself is precious, consult a professional photo restorer before you attempt to remove anything. Otherwise, try these steps: Put the page (if detachable) or the album into a large plastic storage bag, and place the bag in the freezer, unsealed. Leave it for a day or so to dry out the adhesive. Then use a putty knife or the dull edge of a table knife to pry one corner of the picture or clipping and remove. If the item still won't budge, cut it out of the page with scissors or a single-edge razor; scan or photocopy it as a backup.

Plastic Problem

Q **Some of my older plastic food containers have an off smell. How can I make them nice again?**

Donna Couey, via e-mail

Plasticware can get this smell if you store it with the lid on. To say adios to that funky aroma, apply a thick paste of baking soda and water over the surface (or fill with ½ vinegar and ½ water). Let sit overnight, then rinse and air-dry near a sunny window. Plastic food containers that smell really bad, or have a sticky feel, should be replaced. [**Editor's Note** For more tips on how to use plasticware safely, go to page 224.]

Wax On, Wax Off

Q **Help! A candle fell into the dishwasher and melted on everything. How do I get it off?**

Robin Carpenter, via e-mail

Don't panic. You can soften up waxy areas on the walls of the dishwasher with a hair-dryer on the low to medium setting. Then rub off with a plastic scrubby, wiping up any crumbs of wax with a damp paper towel. For the dishes, put on rubber gloves and submerge each item in very hot water for a minute or two before using a scrubbing sponge or sturdy paper towel to remove the wax. ■

Photographs, clockwise from top: CAROL WEINBERG; Justin Horrocks/istockphoto (pen); Lewis Wright/istockphoto (line); Hemera Technologies/JupiterImages.

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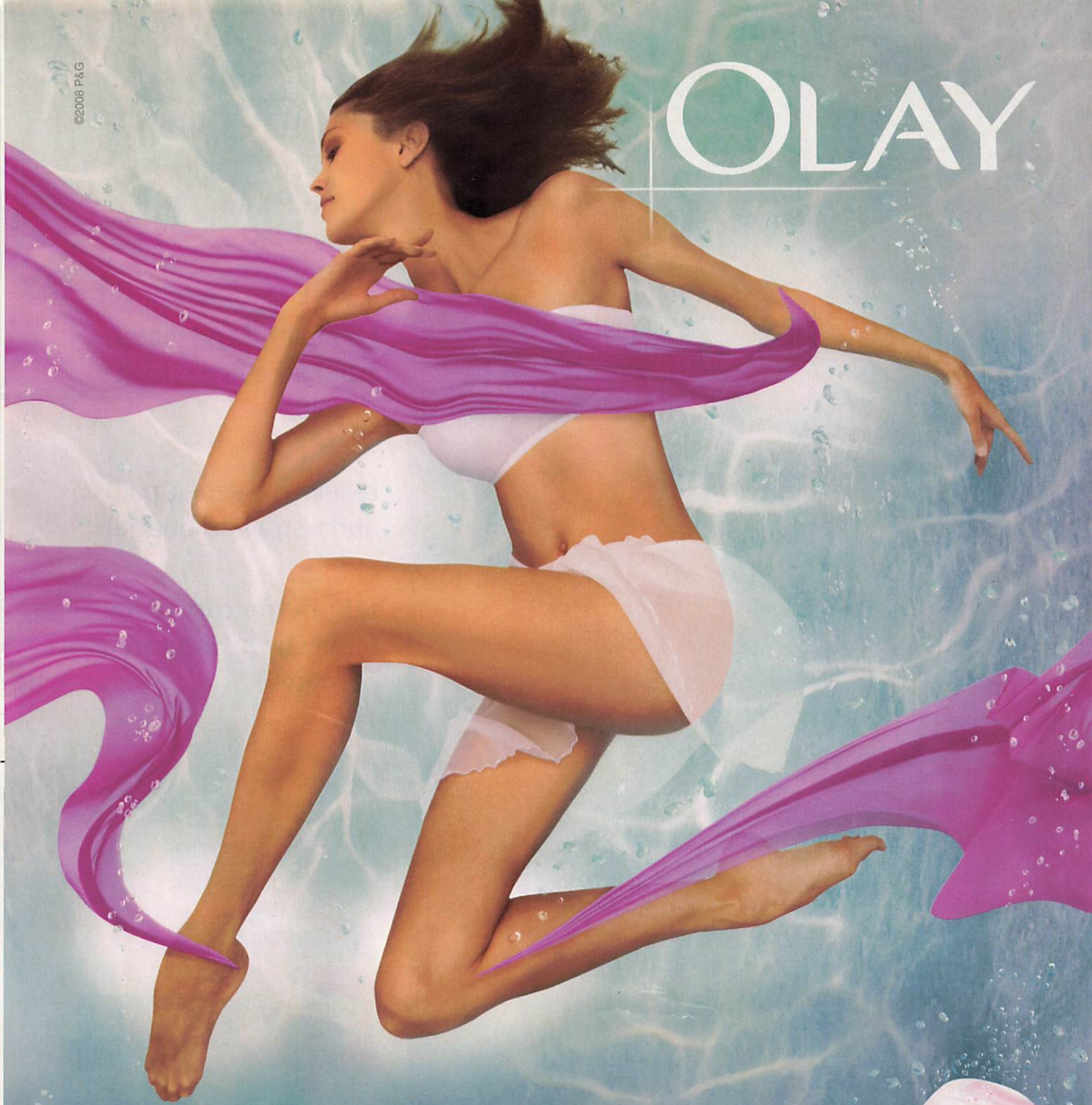
OLAY



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Target your dry spots with 2x the moisturizers.*

Inspired by Aquacurrent Science, Olay Ribbons Body Wash wraps skin in two times the moisturizers,* dealing with rough patches and dry spots. For all-over, uninterrupted, beautiful skin.

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Love the skin you're in.™

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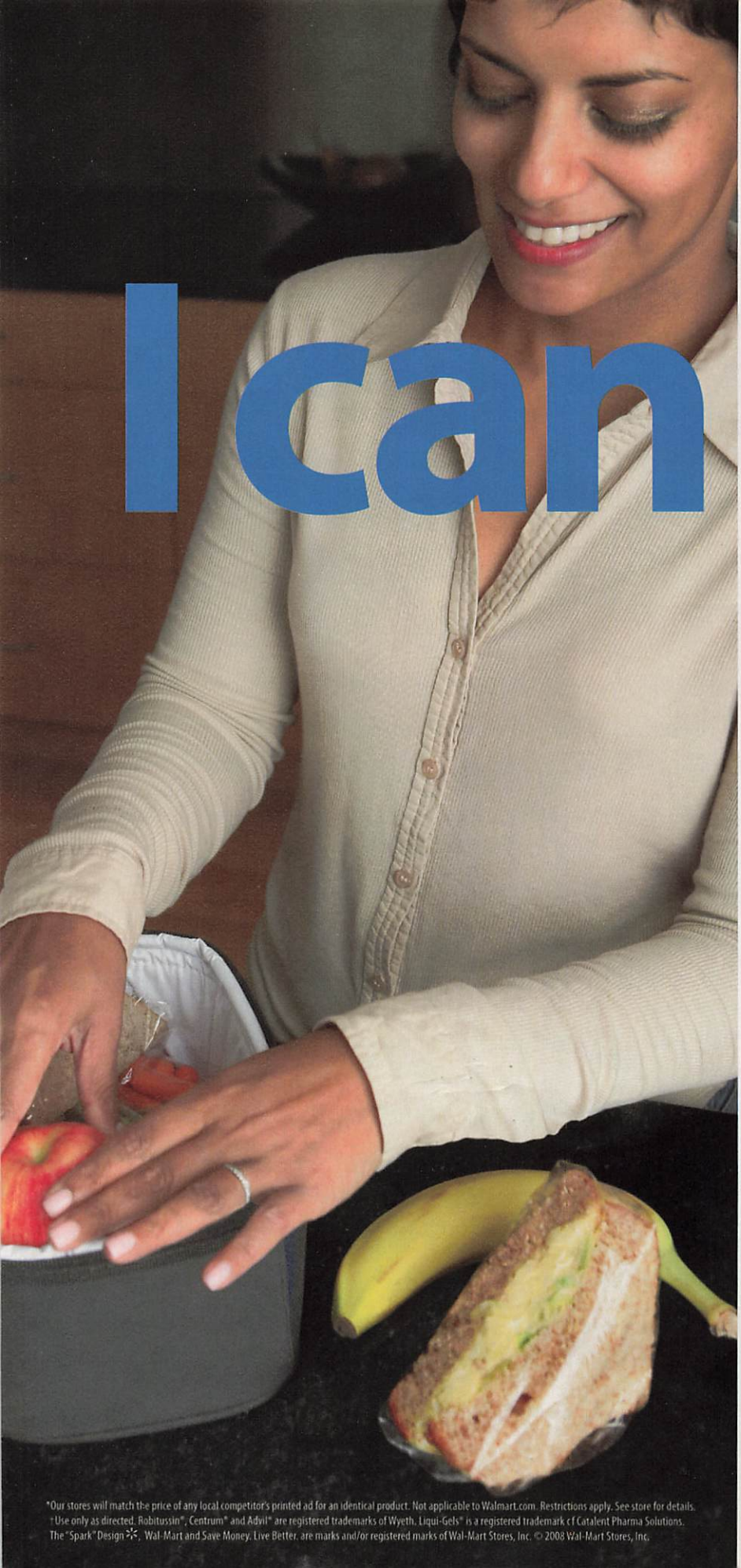

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goodhealth

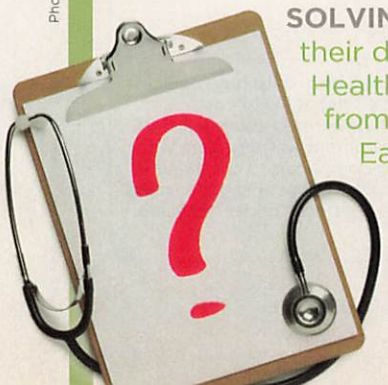
SMART WAYS TO STAY WELL, EAT RIGHT, GET FIT

SPIN CONTROL

No drugs, no pain, low cost... Doesn't sound like your typical modern medical treatment, but it does describe the best cure for vertigo, disabling dizziness that can hit even healthy people. The most common type—benign paroxysmal positional vertigo—is caused by tiny calcium crystals that get inside the inner ear's position-sensing tubes. Through a series of quick, safe head maneuvers, a doctor or physical therapist trained in the technique can help shift those crystals into less sensitive areas, where they can be reabsorbed, restoring your balance. Best of all, this technique, now doctors' official "first treatment to try," often takes just one visit—the cure is usually immediate, says neurologist Terry D. Fife, M.D., director of the Arizona Balance Center in Phoenix. You won't have to suffer for weeks or months or take antinausea drugs, which can leave you groggy (and often don't work). More and more doctors are being trained in the technique, but if yours isn't, ask for a referral to a balance specialist.

How Was It for You?

You can't hurry love. At least not if your husband's taking medication for erectile dysfunction. New Zealand researchers John V. Conaglen, M.D., and Helen M. Conaglen, Ph.D., had 96 couples try two different ED drugs: sildenafil (Viagra), which works for up to four hours, and tadalafil (Cialis), which lasts about 36 hours. After their husbands used each drug for 12 weeks, just under 80 percent of the women reported that they preferred tadalafil because it provided a less pressured, more spontaneous, and longer-lasting sexual experience; 15.6 percent favored sildenafil because it worked better for their partners, making erections firmer (the remaining women expressed no preference). And in this case, opposites did not attract: Husbands' and wives' pill preferences were similar. The researchers advise couples to try all three ED meds—vardenafil (Levitra), also short-acting, is the third—and don't rush to pick one. It can take several tries to see which is best for your relationship.



SOLVING YOUR MEDICAL MYSTERY For people whose ailments baffle their doctors, there's a new place to turn for help. The National Institutes of Health has opened an Undiagnosed Diseases Program, where physicians from more than 25 specialties put their heads together on puzzling cases. Each year, they'll select about 100 patients (referred by their health-care providers) to come to the NIH for evaluation. For info, go to http://rarediseases.info.nih.gov/undiagnosed. Even if you're not selected, screeners may be able to advise you on how to proceed. →

Photographs, clockwise from top: George Doyle/Getty Images; ballyscanlon/Getty Images; Christine Baleras/istockphoto.com.

How to Be a Smarter Patient

Your doctor may think he's making himself clear, but if he's anything like physicians reviewed in a recent study, he may not be taking steps to help you remember everything—and you may go home recalling less than half of what you need to know to feel better. Actors, posing as patients with typical heartburn symptoms, visited 49 primary-care practices in Rochester, NY. What they found could *give* you heartburn: Only one-third of physicians wrote down their instructions, and on average, only one-quarter of each doctor's recommendations were ever repeated. You can take notes, suggests lead author Jordan Silberman, a medical student at the University of Rochester. But also try reviewing the key points out loud at the end of the visit—"OK, I'm supposed to take this medication at this time. Is that everything?" That will give your doctor the chance to confirm that you've understood correctly.

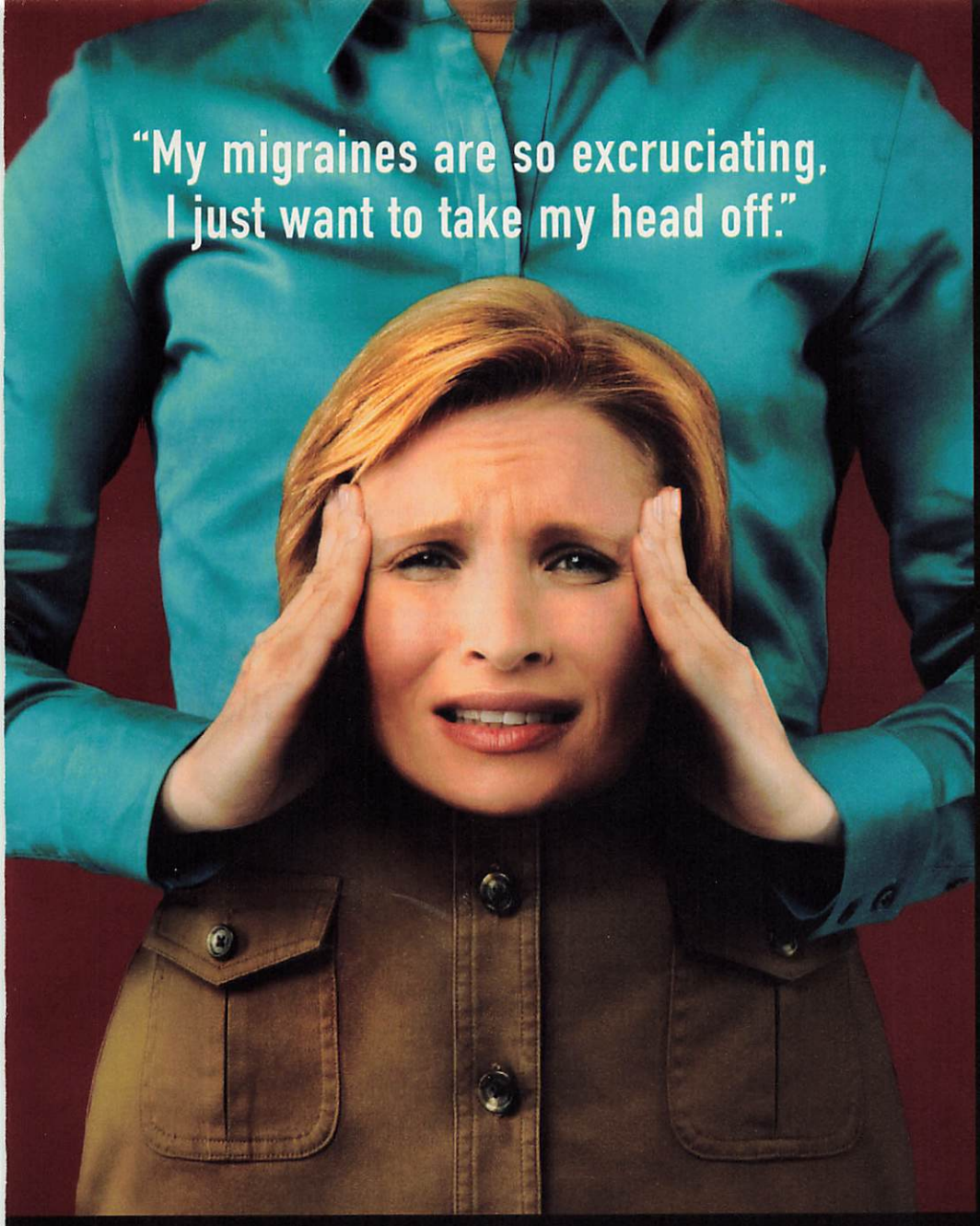
Curing America's Health System

When it comes to health care, John McCain and Barack Obama agree on one thing: Our system needs fixing. But their approaches to reform are vastly different. Here are key points of each candidate's plan, current as we went to press in September. For updates, visit their Web sites (see below). And to hear from Cindy McCain and Michelle Obama, turn to page 144.

ISSUE	JOHN MCCAIN (R)	BARACK OBAMA (D)
What's the biggest change?	Expansion of choices beyond employer-based plans. You will pay tax on the value of the premiums your employer now pays for you, but then receive a new tax credit to help pay for insurance from any source.	A new National Insurance Exchange, consisting of numerous private plans with benefits similar to what members of Congress have (which are considered excellent). Financial help to pay premiums will be available.
Is coverage mandatory?	No.	Only for children.
If you now have insurance through your employer	You can keep it and use your new credit ($2,500 for an individual, $5,000 for families) to help pay premiums for it.	You can keep your current arrangement.
If you buy your own insurance (not through your employer)	Generally, you will choose from private plans offering a range of prices and benefits. Plans will be available nationwide, with your tax credit being paid directly to the insurer.	You can choose a private plan or a Medicare-like public plan in the National Exchange, or another private plan.
If you have a preexisting condition	Insurers are not required to take you. High-risk individuals should join their state's Guaranteed Access Plan; those below a certain income level will get financial assistance.	Both private and public insurers must take you.
Help with drug costs	You will be able to buy medicine at lower cost from FDA-approved manufacturers overseas. The government will work for faster introduction of generic drugs.	You will be able to buy medicine (if it's safe) at lower cost from developed countries; the government will negotiate with drug companies to cut the time for drugs to become generic and to lower prices under Medicare.

More information is available at johnmccain.com and barackobama.com

Photographs, from left: Deborah Jaffe/Getty Images; Larry Cole/istockphoto.com.



Now, from the makers of IMITREX,® comes new TREXIMET.

Clinical studies show TREXIMET is superior at relieving migraine pain to the active ingredient* in IMITREX.†

TREXIMET is the only treatment to combine IMITREX (sumatriptan) and prescription-strength naproxen sodium (an NSAID), in one tablet, so it works 2 ways to relieve migraine pain.

Prescription TREXIMET is for acute treatment of migraine attacks in adults.

*Superior to oral sumatriptan 85 mg.

Ask your doctor about new TREXIMET—before your next migraine attack.
Visit treximet.com to find out how to save up to $50‡ on your first prescription, or call 1-877-TREXIMET.

Important Safety Information:

TREXIMET may increase the risk of heart attack, stroke, serious stomach and intestinal problems such as bleeding and ulcers, and serious rash that may be fatal and occur without warning. Risk of stomach and intestinal problems increases in the elderly. Do not take TREXIMET if you have a history of heart or liver disease, stroke, TIAs, problems with blood circulation, uncontrolled blood pressure, or allergic reaction to aspirin, NSAIDs, or sumatriptan; or right before or after heart surgery called coronary artery bypass graft (CABG). Talk to your doctor before taking TREXIMET if you have risk factors for heart disease, like smoking, diabetes, and high blood pressure; stomach ulcers or bleeding; kidney problems; are pregnant, nursing, or thinking about becoming pregnant; or taking medications, especially pain relievers or antidepressants. A life-threatening problem may occur with TREXIMET, especially if used with antidepressants called SSRIs or SNRIs. Do not take TREXIMET if you have taken an MAOI antidepressant within the last 2 weeks.

Please see important information about TREXIMET on the next page.

†*Results may vary.* ‡*Subject to eligibility, restrictions apply.*

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

gsk GlaxoSmithKline

Partnership for Prescription Assistance

If you don't have prescription coverage, visit pparx.org, or call 1-888-4PPA-NOW (1-888-477-2669)

Treximet
sumatriptan/
naproxen sodium

MEDICATION GUIDE
TREXIMET™ *[trex' i-met]* Tablets
(sumatriptan and naproxen sodium)

What is the most important information I should know about TREXIMET?

TREXIMET, which contains sumatriptan and naproxen sodium [a nonsteroidal anti-inflammatory drug (NSAID)], may increase the chance of a heart attack or stroke that can lead to death. This chance increases:
- **with longer use of NSAID medicines**
- **in people who have heart disease.**

NSAID-containing medicines, such as TREXIMET, should never be used right before or after a heart surgery called a coronary artery bypass graft (CABG).

NSAID-containing medicines, such as TREXIMET, can cause ulcers and bleeding in the stomach and intestines at any time during treatment. Ulcers and bleeding:
- **can happen without warning symptoms**
- **may cause death.**

The chance of a person getting an ulcer or bleeding increases with:
- **the use of medicines called steroid hormones (corticosteroids) and blood thinners (anticoagulants)**
- **longer use**
- **more frequent use**
- **smoking**
- **drinking alcohol**
- **older age**
- **having poor health.**

TREXIMET is not recommended for people with risk factors for heart disease unless a heart exam is done and shows no problems.

The risk factors for heart disease include:
- **high blood pressure**
- **high cholesterol levels**
- **smoking**
- **obesity**
- **diabetes**
- **family history of heart disease**
- **female who has gone through menopause**
- **male over age 40.**

"Serotonin syndrome" is a serious and life-threatening problem that may occur with TREXIMET, especially if used with antidepressant medicines called selective serotonin reuptake inhibitors (SSRIs) or selective norepinephrine reuptake inhibitors (SNRIs).

Commonly used SSRIs are:
- **CELEXA® (citalopram HBr)**
- **LEXAPRO® (escitalopram oxalate)**
- **PAXIL® (paroxetine)**
- **PROZAC®/SARAFEM® (fluoxetine)**
- **SYMBYAX® (olanzapine/fluoxetine)**
- **ZOLOFT® (sertraline)**
- **LUVOX® (fluvoxamine).**

Commonly used SNRIs are:
- **CYMBALTA® (duloxetine)**
- **EFFEXOR® (venlafaxine).**

Call your healthcare provider if you have symptoms of serotonin syndrome, which include:
- **mental changes (hallucinations, agitation, coma)**
- **fast heartbeat**
- **changes in blood pressure**
- **high body temperature or sweating**
- **tight muscles**
- **trouble walking**
- **nausea, vomiting, diarrhea.**

TREXIMET should only be used:
- **exactly as prescribed**
- **at the lowest dose possible for your treatment**
- **for the shortest time needed.**

TREXIMET already contains an NSAID (naproxen). Do not use TREXIMET with other medicines to lessen pain or fever without talking to your healthcare provider first, because they may contain an NSAID also.

What is TREXIMET?
TREXIMET is a prescription medicine used to treat migraine attacks in adults. It does not prevent or lessen the number of migraines you have, and it is not for other types of headaches. TREXIMET contains 2 medicines: sumatriptan and naproxen sodium (an NSAID). This Medication Guide provides important information you need to know before taking TREXIMET. It does not take the place of talking with your healthcare provider about your medical condition or your treatment.

How should I take TREXIMET?
- Take 1 TREXIMET tablet to treat your migraine headache. Do not take more than 2 TREXIMET tablets in 24 hours. Doses should be separated by at least 2 hours.
- TREXIMET can be taken with or without food.
- Do not split, crush, or chew TREXIMET tablets.
- If you take too much TREXIMET, call the Poison Control Center at 1-800-222-1222.

Who should not take TREXIMET?

Do not take TREXIMET right before or after heart bypass surgery.

Do not take TREXIMET if you have or have had:
- **uncontrolled high blood pressure**
- **hemiplegic or basilar migraine. (Ask your doctor if you are not sure what type of migraine you have.)**
- **liver problems**
- **an asthma attack, hives, or other allergic reaction with aspirin or any other NSAID medicine**
- **a heart attack or a history or symptoms of heart disease (such as chest pain or angina)**
- **a stroke, mini-stroke (transient ischemic attack or TIA), or other stroke-like syndrome**
- **problems with blood circulation to parts of your body, such as less blood flow to your intestines (ischemic bowel disease)**
- **allergic reactions to sumatriptan, naproxen, or other ingredients in TREXIMET.**

Do not take TREXIMET if you take or have taken an antidepressant medicine called a monoamine oxidase (MAO) inhibitor within the last 2 weeks. Common MAO inhibitors are isocarboxazid (MARPLAN®), phenelzine (NARDIL®), tranylcypromine (PARNATE®), and selegiline (ELDEPRYL®, EMSAM®). Ask your healthcare provider if you are not sure if your medicine is an MAO inhibitor.

Do not take TREXIMET if you have taken other migraine medicines in the last 24 hours such as:
- **ergotamine-containing medicine or**
- **another triptan medicine.**

Before starting TREXIMET, tell your healthcare provider about:
- **all of your medical conditions including kidney or liver problems**
- **all allergies to any medicines**
- **chest pain, shortness of breath, irregular heartbeats**
- **medicines you may take for migraines, depression, or other health problems such as MAO inhibitors, SSRIs, or SNRIs**
- **all the prescription and non-prescription medicines you take, including vitamins and herbal supplements. Some medicines can interact with TREXIMET and cause serious side effects.**

Keep a list of your medicines to show to your healthcare provider.

Before starting TREXIMET, tell your healthcare provider if you:
- **are pregnant, think you might be pregnant, or are trying to become pregnant. TREXIMET should not be used by pregnant women late in their pregnancy.**
- **are breastfeeding**
- **have a headache that is different from your usual migraine**
- **have or have had epilepsy or seizures.**

What are the possible side effects of TREXIMET?

Serious side effects include:	**Other side effects include:**
• heart attack • heartbeat problems • stroke • high blood pressure • heart failure from body swelling (fluid retention) • kidney problems including kidney failure • bleeding and ulcers in the stomach and intestine • low red blood cells (anemia) • life-threatening skin reactions • life-threatening allergic reactions • liver problems including liver failure • asthma attacks in people who have asthma • loss of blood circulation to areas of your body • serotonin syndrome (See list of symptoms in "What is the most important information I should know about TREXIMET?")	• pain, tightness, or pressure in the chest, neck, and throat • stomach pain • constipation • diarrhea • gas • heartburn • nausea • vomiting • dizziness • drowsiness • tiredness • weakness • tingling and numbness • unusual body sensations • redness of face (flushed)

Get emergency help right away if you have any of the following symptoms:
- **shortness of breath or trouble breathing**
- **chest pain**
- **swelling of the face or throat**
- **weakness in one part or on one side of your body**
- **slurred speech.**

Stop TREXIMET and call your healthcare provider right away if you have any of the following symptoms:
- **nausea that seems out of proportion to your migraine**
- **stomach pain**
- **sudden/severe pain in your belly**
- **vomit blood**
- **blood in your bowel movement or it is black and sticky like tar**
- **itching**
- **skin rash or blisters with fever**
- **yellow skin or eyes**
- **swelling of the arms and legs, hands, feet, face, lips, or tongue**
- **unusual weight gain**
- **more tired or weaker than usual**
- **flu-like symptoms**
- **serotonin syndrome. See list of symptoms in "What is the most important information I should know about TREXIMET?"**

Tell your healthcare provider if you have any side effects that bother you or do not go away. These are not all of the side effects of TREXIMET. For more information ask your healthcare provider.

Call your healthcare provider for medical advice about side effects. You may report side effects at FDA at 1-800-FDA-1088.

How should I store TREXIMET?
- Store TREXIMET at room temperature, 59° to 86°F (15° to 30°C).
- Keep TREXIMET and all medicines out of the reach of children.

General information about TREXIMET
- Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use TREXIMET for a condition for which it was not prescribed.
- Do not give TREXIMET to other people, even if they have the same problem you have. It may harm them.
- This Medication Guide contains the most important information about TREXIMET. If you would like more information, talk with your healthcare provider.
- You can ask your healthcare provider for information written for healthcare professionals.
- For more information call 1-888-825-5249 (toll-free), or visit www.TREXIMET.com.

What are the ingredients in TREXIMET?
Active ingredients: sumatriptan succinate and naproxen sodium
Inactive ingredients: croscarmellose sodium, dextrose monohydrate, dibasic calcium phosphate, FD&C Blue No. 2, lecithin, magnesium stearate, maltodextrin, microcrystalline cellulose, povidone, sodium bicarbonate, sodium carboxymethylcellulose, talc, and titanium dioxide.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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Wii Fit™

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UniFiber®

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Smart Sprinkles

Let the feasts begin The spices used in pumpkin pie, gingerbread, and other holiday treats contain powerful disease-fighting antioxidants. Ground cinnamon tops the list, followed by cloves, with ginger also packing a healthy punch. Cinnamon and cloves even outscore better-known antioxidants like blueberries and pomegranate juice. Quick ways to get a healthy dose:

- Sprinkle a pinch of ground cloves over a baked sweet potato
- Shake cinnamon into cocoa
- Season sautéed carrots with ground ginger (about ½ teaspoon per pound of the veggie)

MAKING YOURS A DOUBLE

Eating out could make you tipsy. Researchers from the Alcohol Research Group, Public Health Institute, measured 480 drinks bought at 80 restaurants and bars. Their findings: When you order a cocktail or wine or draft beer by the glass, bartenders usually pour 22 to 43 percent more than a standard serving. Why the overflow? If a drink seems abundant, customers are less likely to be put off by the often high cost, the researchers speculate. Bottoms-up line for you: Stick to one drink, especially if you're driving.

Hunger Busters

Aim low. It's not your typical advice, but choosing foods that are low on the glycemic index helps keep blood sugar levels steadier, so you're never ravenous. Now an Australian review of studies has found that a low-GI diet also protects women from diabetes, gallbladder and heart disease, and breast cancer. It can get confusing—some high-GI foods, like watermelon, are perfectly good for you. But by favoring low-GI items, you'll give yourself a dieting and health edge.

INSTEAD OF	CHOOSE
Cheerios	All-Bran
Whole wheat bread (fine grains)	Whole wheat bread (coarse grains)
Couscous	Spaghetti (cooked al dente)
Fruit roll-up	KIND Fruit + Nuts Fruit & Nut Delight
Watermelon	Apple

ANOTHER "MOM WAS RIGHT" MOMENT When Swedish researchers analyzed the eating habits of 3,607 60-year-olds, they found that those who reported consuming regular meals slashed their odds of developing metabolic syndrome by 42 percent, compared with the study's meal skippers. They also had slimmer waistlines, which, the researchers believe, may have been the key to the regular eaters' lower disease risk.

Photographs, from left: Douglas Allen/istockphoto.com; Pando Hall/Getty Images.

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TIPS AND TRICKS TO TRY TODAY

DO THE MATH 1 slice pecan pie (670 calories) = 5+ scoops of Edy's Slow Churned Butter Pecan Ice Cream (120 calories per ½ cup)

Holiday Survival Plan

Make sure your holiday bulge doesn't stick around: Get a close friend to watch you step on the scale now and after New Year's. When researchers weighed 19 people before Thanksgiving and again mid-January, participants' weights stayed the same—even though they consumed 36 percent more calories a day, on average, over the holidays. Knowing they'd be held accountable motivated volunteers to shed the extra pounds, suggest researchers.

Fill Up on Flavor

The key to eating less may be right under your nose. Researchers at Chicago's Smell & Taste Treatment and Research Foundation asked 1,436 obese and overweight people to sprinkle everything they ate with calorie-free crystals designed to enhance the smell and taste of food. After six months, participants lost 30 pounds, on average—without changing other diet or exercise habits. Since 90 percent of what we perceive as taste is actually smell, the researchers speculate that participants found the foods tastier and more satisfying—hence, they ate less. Sensa Tastants are pretty pricey ($59 for a month's supply at trysensa.com), so if you're on a budget, try seasoning your meal well, and take a whiff before you dig in.

QUICK TRICK TO GET MOVING List actions you can take to increase your cardio exercise, say researchers at Texas Christian University, and you're more likely to do it. The proof: When they asked 53 couch potatoes to think about either *why* cardio was good for them or *how* they could make themselves do it more, by study's end the "hows" were exercising 25 minutes more per week, on average, than those who contemplated the benefits.

Click Here Save calories! Find diet-friendly substitutions at goodhousekeeping.com/cravings

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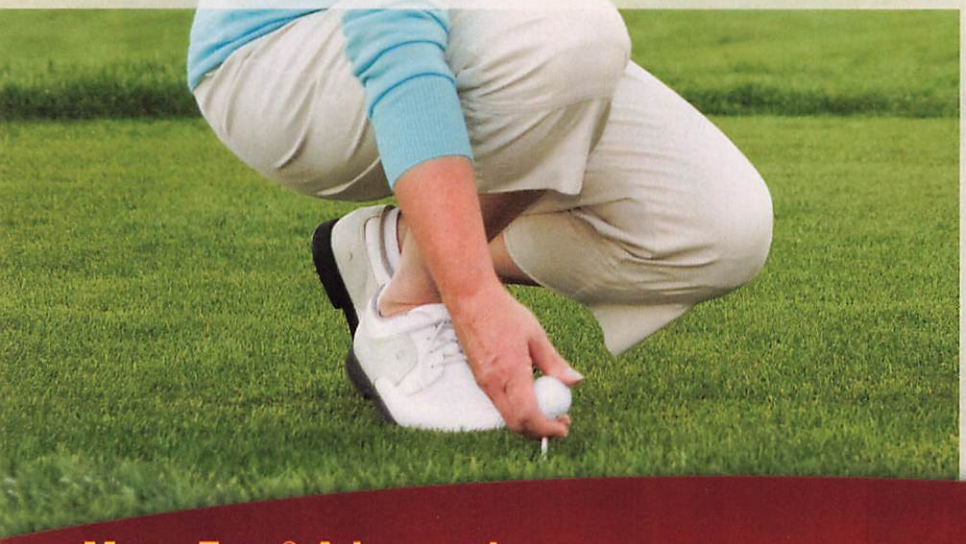
Side effects may include an increased passion for life.



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1 Independent human clinical study (Los Angeles, 2008).
2 In a 2006 independent Internet survey, doctors recommending glucosamine preferred the Move Free® Advanced formula over formulas containing only glucosamine or glucosamine and chondroitin.
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4 2006 survey of Move Free® Advanced consumers.

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554-A1

Uncommonly Blessed

When my family gathers for Thanksgiving dinner this year, I'll look at my little son—and add an extra prayer of thanks **By Michelle Kingsfield**

November 2008 I've always loved autumn and the beginning of the holiday season. But now they're especially important to me. This year, when I sit down to Thanksgiving dinner with my husband, Steve, my sons, Casey and Robert, and all the other family members gathered at our table, I'll be marking a milestone. Four years ago, just a few days before the holiday, I was told it could be my last Thanksgiving. Now, when we say grace, offering gratitude for the meal and for the joy of being together, I'll add extra thanks for simply being alive. And when I watch my 3-year-old son, Robert, chattering—and eating—nonstop, I'll reflect again on how close he came to never being here at all.

November 18, 2004 The hospital room could not have been bleaker—drab, scuffed walls, a small bed and chair, and on the sterile white counter, a metal box of implements that reminded me of my dad's toolbox. Steve sat across from →

Photograph by Jen Petreshock/Getty Images

me as we waited for the pathologist who was going to do a biopsy on the enormous lump that was growing under my jawbone. I kept repeating to myself, "It's not cancer. I'm young. I'm healthy. I work out. I eat well."

To my surprise, when the pathologist arrived, he agreed. "I'm confused as to why you're here," he said. "This isn't cancer."

That made it four doctors who said I didn't have cancer: The ob-gyn I was seeing because I was 14 weeks pregnant, my general practitioner, and a head and neck surgeon, Michael Collins, M.D., had all assured me that it was only an infection. Dr. Collins was most emphatic. "Cancer doesn't typically hurt; it doesn't grow this fast," he'd said.

The pathologist suggested doing a needle biopsy of the infection and culturing it to figure out which antibiotic would knock it out. That way, he wouldn't have to go deep into the more sensitive area that a cancer biopsy would require. I was tempted. I really wanted this to be over. The pain was excruciating, and I was so wiped out I'd had to take medical leave from my job as an evening news anchor on local TV in Dayton. I didn't even have the energy to play with my 2-year-old son, Casey.

But suddenly, pain didn't seem like my biggest problem. "No," I said, "we have to know what's going on."

The pathologist seemed to shrug. I prayed my Vicodin would stave off the pain as he plunged the needle deep into my neck. Later, after briefly looking at the biopsy slide, he said casually, "I'm 95 percent sure you don't have cancer. I'll fax the results over to Dr. Collins, and he can change your antibiotic."

When I think of that day now, I realize you can never just accept a doctor's recommendation without asking lots of questions. If I hadn't pushed for a deeper biopsy, everything could have been tragically different.

November 19, 2004 Steve, then a sixth grade teacher, needed to be at school, so I went to Dr. Collins's office alone. New pebble-size lumps had sprung up, and the original growth was now so large I couldn't turn my head. I had to shift my entire torso as he walked into the room. Strangely, he wasn't interested in the new lumps. "You have a rapidly expanding large-cell lymphoma," he said softly, taking my hand. "You need chemotherapy right away—and I don't know what it means for your baby."

A wave of nausea washed over me. I tried to breathe through it.

"But the pathologist said..."

Dr. Collins interrupted. "I know. He feels bad. But when he looked at the slides, he couldn't believe what he saw, so he brought in three other pathologists. They all agree."

Tears poured down my cheeks, blurring the numbers on my cell phone, but somehow I reached Steve. "I have lymphoma," I sobbed.

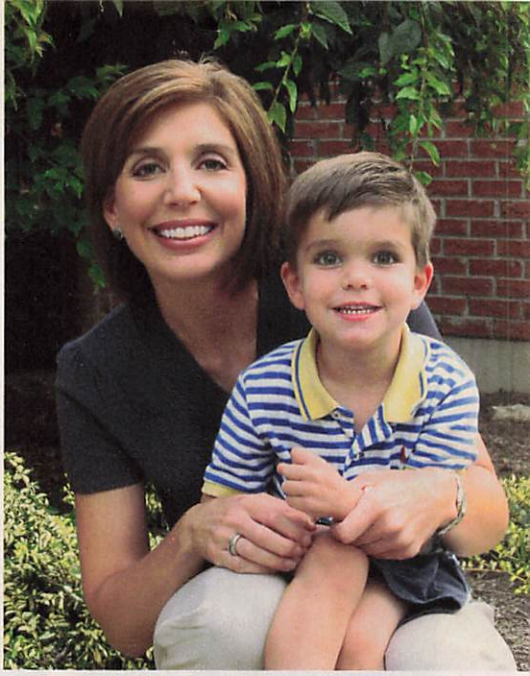
"I can't understand you, Michelle, calm down."

"I have lymphoma," I repeated.

"You have glaucoma?"

Later we would laugh about this misunderstanding, but at that moment, we were far too scared.

What if I die? I thought, as I waited for Steve to come drive me home. *Casey will never know his mother. This baby will never be born.* I wasn't being hysterical: Because of the three weeks wasted on mistaken diagnoses, the cancer had a head start.



Happy at home in Dayton: a now-healthy Michelle with her younger son, Robert, 3

Thanksgiving week 2004 It was supposed to be a special holiday that year. My dad, his fiancée, Jana, and my grandmother were coming from St. Louis, and I was looking forward to this first celebration in our new house. When I told him my grim news, Dad said he was coming anyway but I wasn't to do any cooking. I didn't argue—I was too weak.

I spent the days leading up to their visit on the couch, spiral notebook in hand, headset on, calling every doctor I knew for referrals to a hematologist-oncologist (blood-cancer specialist) and perinatologist (specialist in high-risk pregnancy). On Thanksgiving, I struggled to act normal. It was a shock to look at my dad and see tears in his eyes. And when he and Jana filled their wineglasses, I thought, *I might as well have some, too. This baby is so gone anyway.*

Something stopped me, though. And the next day, Friday, I woke up in fighting mode. When a nurse told me that I'd have to wait until Monday for test results on my lymph nodes because the doctor was off for the weekend, I insisted she call him on his cell phone. "He can call the lab and then call me back," I said. Sure, this was a holiday, but the cancer wasn't taking a break. →

Photograph courtesy of Michelle Kingsfield

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Makes: 6 dozen

1 cup LAND O LAKES® Butter, softened
1/2 cup powdered sugar
1/2 cup sugar
1 LAND O LAKES™ Egg
1/2 teaspoon vanilla
2 1/4 cups all-purpose flour
1/2 teaspoon cream of tartar
1/2 teaspoon baking soda
Decorator sugars, if desired

Heat oven to 375°F. Combine butter, powdered sugar and 1/2 cup sugar in large bowl. Beat at medium speed, scraping bowl often, until creamy. Add egg and vanilla; continue beating until well mixed. Reduce speed to low; add flour, cream of tartar and baking soda. Beat until dough forms a ball.

Shape dough into 1-inch balls. Place 2 inches apart onto ungreased cookie sheets. Flatten to about 1 1/2 inches with bottom of glass dipped in sugar; sprinkle with decorator sugars, if desired. Bake for 7 to 9 minutes or until edges are lightly browned. Let stand 1 minute; remove from cookie sheets.

For more recipes visit landolakes.com

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A half hour later I learned I had anaplastic large-cell lymphoma, T-cell type, one of the rarest forms of non-Hodgkin's lymphoma and one that men are almost twice as likely to get as women. I probably had better odds of winning the lottery than of getting this cancer while pregnant.

But in fact it was good news. My research had told me that, as non-Hodgkin's lymphoma goes, this was one of the better ones to have, since it responds well to treatment. I began jumping up and down cheering.

Throughout the week, test results trickled in. I was up. I was down. The bone marrow test came back negative. That was good. The blood tests also looked good. Then the devastating news: The PET scan showed the cancer was in my bones. That meant I was Stage IV, dropping my survival chances from 70 to 30 percent.

I mourned for the baby growing inside me. It had taken a year to get pregnant, and I was already in love with this little being. Now what? My family and friends were tiptoeing around that question. "Can you go through this while pregnant?" they'd ask. "Will being pregnant be too much for your body to heal?" Or the most oblique: "Gosh, this must be hard with the baby and all."

I was relieved to learn that I wouldn't have to make a decision about whether to continue the pregnancy. My doctors settled on six rounds of intensive chemotherapy called CHOP—an acronym for the drug combination of Cytoxan, hydroxydoxorubicin, Oncovin, and prednisone. While there would be some risks—low birth weight, premature birth, growth restriction—those dangers were no more than many pregnant women face.

December 2, 2004 I could hardly wait for my first CHOP chemo. I imagined the potent cocktail literally chopping up the cancer cells. As the nurse pumped the drugs into my IV, I said, "Take that, cancer."

My second dose of chemotherapy was scheduled for two days before Christmas. Dayton had been hit with 16 inches of snow, and my oncologist's office was closed. But I was so determined to stay on track, I arranged to have my treatment at a local hospital, and braved slippery conditions to get there.

When the nurse said it would →

If You Think Your Doctor's Wrong

You just may be right, says Harvard physician Jerome Groopman, M.D., author of the best-selling *How Doctors Think*. "About 15 to 20 percent of all patients will receive an incorrect diagnosis at some time." If you feel your doctor is off base, Dr. Groopman suggests you try asking these questions.

1. "What else could it be?" This prompts the doctor to detach from his first impression and rethink the diagnosis.

2. "Could two things be going on?" Sometimes physicians blame the obvious—menopause, say—and overlook an unrelated culprit.

3. "Is there anything that doesn't fit?" You want the doctor to take a second look at your history, physical exams, and tests. And anybody who receives a diagnosis of a serious or life-threatening disease should always get a second opinion, Dr. Groopman stresses.

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take eight hours, I was worried. "Why?" I asked. "My first chemo treatment only took three hours. I'm getting CHOP therapy, right?"

"Yes, CHOP therapy," the nurse replied confidently.

On Christmas I developed a blinding headache and by the next day couldn't eat anything or even move. This went on for a week.

January 2005 At my third chemo, I made a startling discovery: I'd received an extra drug at my last treatment. The vast majority of cancers like mine are B-cell, not T-cell. My oncologist hadn't had my records with him when he'd written the chemo order, and had inadvertently ordered CHOP + R (Rituxan), which is used to treat B-cell.

Little was known about what effect the drug might have on a fetus. I was sick with fear, and for the next four months, whenever anything went wrong with my pregnancy, I worried about the Rituxan. When the baby wouldn't stop moving following a chemo treatment, I wondered if it was the Rituxan. (A stress test showed he was OK, and he finally slowed down about eight hours later.) When an ultrasound indicated that the baby had stopped growing, I thought about the Rituxan. (The following week, he bounced back.) When my amniotic fluid was low, I focused yet again on the Rituxan. (It then replenished.)

February–March 2005 Winter in northern Ohio is always gray, but the dreariness of those months was epic. I spent many hours curled up in my bedroom nursing my sadness and guilt. I could see helplessness in Steve's eyes. Later, he admitted there were times he didn't want to look at me, because he couldn't bear thinking about what he'd have to tell Casey if I died.

I was always cold. When you have no hair, you feel the chill. So my neighbor Andrea knit me a "prayer shawl," saying a prayer for me as she finished each row. That shawl became my comfort as I forged on through the rest of my chemo and endless rounds of doctor's visits. On March 17, St. Patrick's Day, I had my final CHOP therapy.

April 2005 With my chemo complete, I put all my focus on delivering a healthy baby. Although my doctor had warned about complications that could cause a premature delivery, happily I carried until term. On April 27, I gave birth to Robert Kingsfield Edgerley. He was small, just five pounds, 14 ounces, and 19 inches long. "Is he OK?" I asked as soon as he was born. "Is he OK?"

"He's fine," my doctor assured me. Those may have been the sweetest words I've ever heard.

I've since learned that Rituxan has not been shown to cause problems in pregnancy, and doctors believe Robert won't suffer any ill effects from the chemo. Now 3, he's a vibrant little boy who asks a million questions and stops strangers with his enormous smile. As for me, I've been in remission for over three years. I'm healthy and back to anchoring the TV news in Dayton.

This Thanksgiving, our family will celebrate, knowing we are uncommonly blessed. And after we've had our fill of the turkey and trimmings, when Robert demands a second piece of pecan pie, I'll smile and cut him another (small) piece. ■

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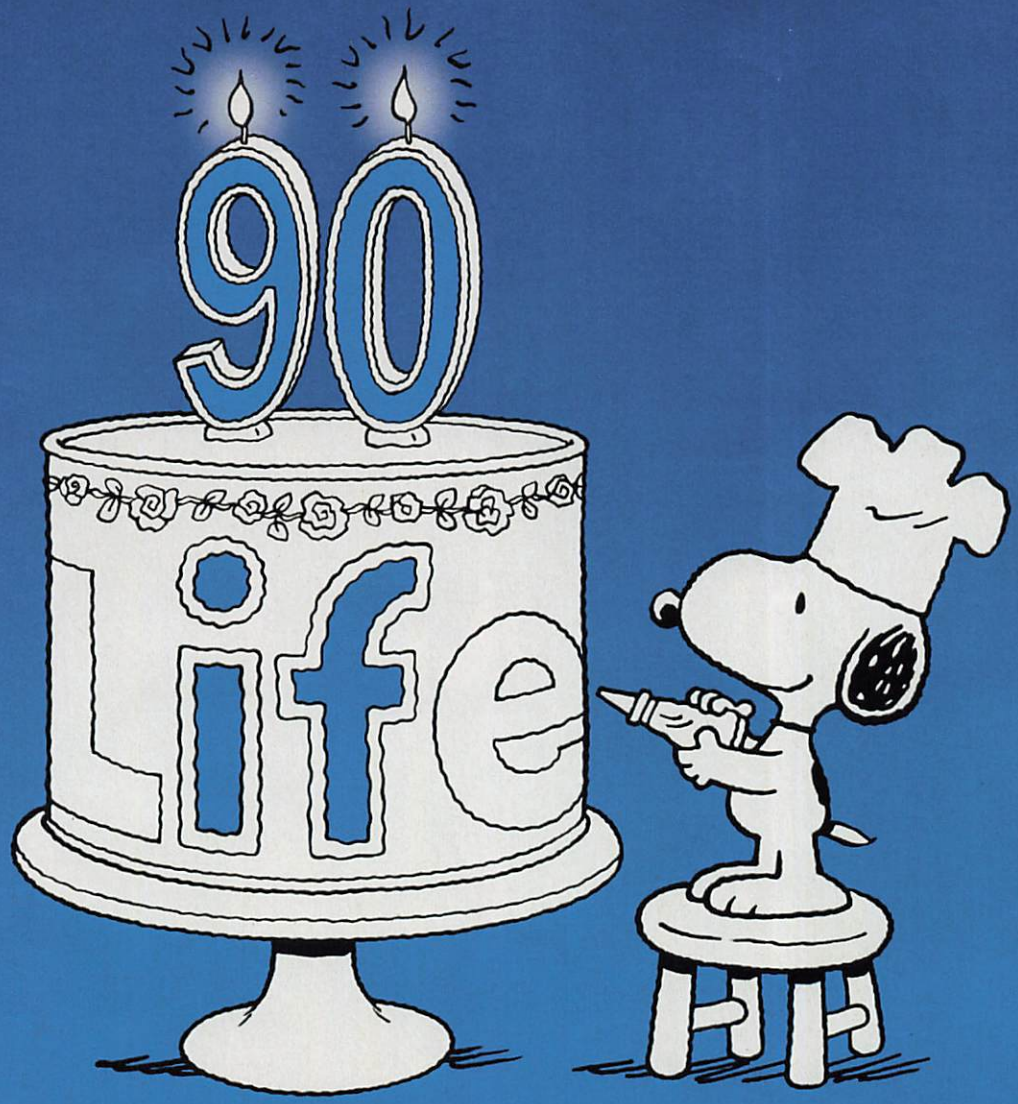

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This Mom's Life

"Trust me when I tell you I'm on my girls. And every time I am, I know from the outside it looks like I'm an overbearing, controlling parent. But I don't think we are responsible to anybody but our kids and ourselves."

—Brooke Shields

Star Style | Wrap It Up

How to get the look

Stars like Barbara Walters, Kate Hudson, and Cindy Crawford have been sporting long, luxe scarves, indoors and out. This eye-catching accessory creates a slimming line when wound around the neck once with the ends hanging loose. Our pick: Concept One Accessories.

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SHOPPING DETAILS, page 234

Photographs, clockwise from top right: Lorenzo Agius/contourphotos.com; FamePictures; Dimitrios Kambouris/wireimage.com; Polk Imaging/wireimage.com; KEVIN SWEENEY/STUDIO D, styling by Miako Katoh.

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Man of the House
Blair Underwood

For Underwood, being on camera is his career *and* at-home hobby

If you turned on your TV anytime in the past year, chances are good you caught sight of Blair Underwood. He had a memorable role as Julia Louis-Dreyfus's boyfriend on *The New Adventures of Old Christine,* a guest-starring spot on *Law & Order: SVU,* and a recurring role on the HBO series *In Treatment.* "I'd have to say, 2008 was a good year to be me," he quips. Now, he's returned to playing a shady billionaire on the series *Dirty Sexy Money.* But even with his professional dance card full, the actor, 44, still finds time for some very important people: his wife of 14 years, Desiree, and their three kids, sons Paris, 11, and Blake, 7, and daughter Brielle, 9. Here, he catches us up on what's happening in the Underwood home.

Q: What's made your relationship tick?
The big secret is finding the right lady. My wife is the right person for me: We fit, we have the right temperaments. She's very smart, very low-key, very passionate, and unbelievably sexy. And I trust her completely. Every decision I make, I bounce off her first.

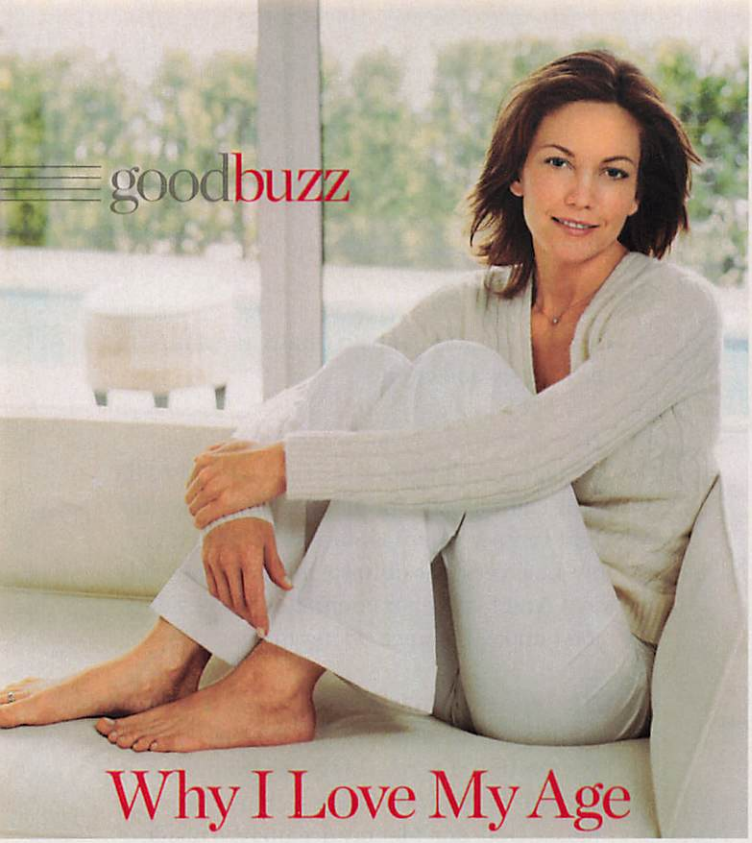
Q: Is there one thing she understands about you better than anyone else does?
My ambition. There's this quote from the play *A Raisin in the Sun,* where a character says, "Please God, don't let my dreams die inside of me." I feel like I have so many things I still want to accomplish, and she gets—and supports—that, which has been so important to me.

Q: Have you noticed a difference between raising sons and raising a daughter?
It's funny, because just today I came back from their parent-teacher conferences, and my boys could not be more different from my girl. With the boys, it's all about physicality: running, jumping, yelling, leaping, while my daughter will be happy just sitting in the corner, reading her book, observing it all. But I have the same philosophy for all of them when it comes to controlling the chaos. If all three kids are in the same room, going crazy, I just say: "Shut it down. Give me a minute to think." I just need a time-out every now and then so I can regroup. That approach has saved me from losing my cool many times.

Q: What sort of things does your family like to do together for fun?
We make a lot of home movies. We took a two-week safari to Kenya, and we videotaped it. The kids wrote their own movie, and my wife and I directed it. They learned their lines, they improvised little costumes, and afterward, I edited the whole thing. It's called *Lippidy-Loppedy Lane.* Not coming soon to a theater near you.

—Kate Coyne

Photograph by Blake Little/Icon International



Why I Love My Age

"I take comfort that aging happens to everybody. It's part of life. Yes, it bothers me when I have lines or puffiness or droops. But it connects me with the human race. Just like weather is the great equalizer, so is aging." —*Diane Lane*

MY MOST EMBARRASSING MOMENT

"When I first got to Hollywood, I was just walking around, taking pictures of the palm trees. And this guy walked up to me and asked if I'd seen any stars, and I said, 'No, it's been kind of cloudy today.'"
—*Carrie Underwood*

CELEB DISH

Speaker of the House Nancy Pelosi's

Chocolate Mousse

Speaker, chef, and now author Pelosi has published her memoir, *Know Your Power*

- 12 oz. good-quality dark chocolate, broken into pieces
- 4 Tbsp. unsalted butter, cut up
- 8 lg. egg whites (preferably pasteurized)
- 4 Tbsp. sugar
- ½ c. heavy or whipping cream, whipped

1. In microwave-safe large bowl, place chocolate. Microwave on High 1½ to 2 minutes, stirring twice. Remove from microwave; stir until smooth. Stir in butter until melted. Set aside.

2. In another large bowl, with mixer on high speed, beat egg whites and sugar until soft peaks form. Fold whites into chocolate mixture, then fold in whipped cream. Spoon into 8 dessert cups; cover and refrigerate at least 2 hours. Serves 8.

"I entered this recipe in a March of Dimes dessert contest with Senator Dick Durbin—and it won!"

Photographs, clockwise from top left: Andrew Southam/CP; Syndication; courtesy of Nancy Pelosi; Alack/StockFood; Bob Scott/celebrityphoto.com.

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Take care.

Sarah Jessica Parker
is wearing Brown Sugar #63.

WHY I GIVE

Mariska Hargitay

Mariska Hargitay, who plays detective Olivia Benson on *Law & Order: SVU,* founded the Joyful Heart Foundation, a nonprofit that educates sexual-assault and rape survivors.

"Playing this role inspired me to step into a second role I'm even more passionate about: sexual-assault and rape activist. I want every victim to know that what happened to her is not her fault and she is not alone.... To change somebody's life and give her the courage to heal is the most amazing thing I have ever been a part of. It's exciting to show somebody who thinks her life is over that it hasn't even begun yet. I think of it as taking darkness and throwing light on it. It's extremely beautiful to watch."

To learn more, visit joyfulheartfoundation.org

Animal House

"My dogs are about unconditional love. It's so wonderful to walk in the door from a long day and all they want to do is be loved and to give and give..."

—LeAnn Rimes

HOW I STAY SANE

"I do ashtanga yoga. For those two hours, your mind is completely focused on your breath, on staying calm, on being quiet. I am occupied in a way that is really peaceful and really challenging at the same time. It takes me out of the chaos of this world. I'll find a way to do it even if I have to get up at 3:30 in the morning."

—Lisa Edelstein, House

Photographs, clockwise from top: Jack Guy/Corbis Outline; Pascal Le Segretain/Getty Images; Marc Morrison/Retna.

"...Eating my husband's corn bread stuffing!"
—Tina Fey

It wouldn't be Thanksgiving without...

Listen in as famous folk share their favorite Turkey Day traditions

"...This hamburger-and-bean dish and Mexican corn bread that I like to cook. That's my contribution. Not very Thanksgiving-ish, but I like it."
—Reba McEntire

"...Football. Growing up in Alabama, we'd prepare the food in the morning and then watch the Detroit Lions. The Dallas Cowboys started playing that day as well, so we'd prepare the food during the Detroit game and eat dinner during the Dallas game."
—Secretary of State Condoleezza Rice

"...Little kids. When you're around kids and food, it's a double payoff—just a big lovefest!"
—Rachael Ray

"...Me totally messing up the kitchen, and Faith pretending she doesn't even care—but later cleaning it up when I'm not looking. I'm a good cook, but a sloppy one."
—Tim McGraw

Photographs, clockwise from top right: Leon/Retna Digital; Paul Kane/Getty Images; Scott Winslow/Getty Images; Janet Hough/celebrityphoto.com; Mathew Imaging/Getty Images.

You're past menopause and treating osteoporosis. Could you also be at risk for invasive breast cancer?

2 out of 3 women with invasive breast cancer are age 55 or older when diagnosed.

Up to 50% of women over age 50 will break a bone due to osteoporosis.

Ask your doctor about EVISTA — the only medicine that treats osteoporosis and reduces the risk of invasive breast cancer in women past menopause.

EVISTA is the only medicine for women past menopause with osteoporosis that has also been proven to reduce the risk of invasive breast cancer. It is taken daily with no mealtime or time-of-day restrictions.

Ask your doctor if EVISTA is right for you. He or she can explain all your risk factors for invasive breast cancer, which include advancing age, family history and personal history.

Here are some important things you should know about EVISTA: Prescription EVISTA is for women past menopause only. Talk to your doctor about all your medical conditions. **EVISTA increases the risk of blood clots and should not be used by women who have or have had blood clots in the legs, lungs or eyes. Seek care immediately if you have leg pain or warmth, swelling of the legs, hands or feet, chest pain, shortness of breath or a sudden vision change. EVISTA may increase the risk of dying from stroke in women at high risk for heart disease or stroke.** Do not use EVISTA if you are pregnant, nursing or may become pregnant, as it may cause fetal harm. Women with liver or kidney disease should use EVISTA with caution. EVISTA should not be taken with estrogens. Side effects may include hot flashes, leg cramps and swelling. Results may vary. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

If you're already treating osteoporosis and want to know more about EVISTA, call **1-888-77-EVISTA** or visit evista.com. Ask your doctor about EVISTA, one medicine that does both.

EVISTA does not treat breast cancer, prevent it from returning or reduce the risk of all forms of breast cancer.

Partnership for Prescription Assistance

If you need assistance with prescription costs, help may be available. Visit www.pparx.org or call 1-888-4PPA-NOW.

EVISTA®
raloxifene HCl
One medicine that does both.

Please see back page for additional information about EVISTA.
RA-53998

Lilly

Information for Patients About
EVISTA®
(raloxifene hydrochloride)
Tablets for Oral Use

Please read the information carefully that comes with EVISTA before you start taking it and each time you refill your prescription. The information may have changed. This information does not take the place of talking with your doctor about your medical condition or treatment. Talk with your doctor about EVISTA when you start taking it and at regular checkups.

What is the most important information I should know about EVISTA?

Serious and life-threatening side effects can occur while taking EVISTA. These include blood clots and dying from stroke:

- Increased risk of blood clots in the legs (deep vein thrombosis) and lungs (pulmonary embolism) have been reported with EVISTA. Women who have or have had blood clots in the legs, lungs, or eyes should not take EVISTA.
- Women who have had a heart attack or are at risk for a heart attack may have an increased risk of dying from stroke when taking EVISTA.

1. Before starting EVISTA, tell your doctor if you have had blood clots in your legs, lungs, or eyes, a stroke, mini-stroke (transient ischemic attack), or have an irregular heartbeat.
2. Stop taking EVISTA and call your doctor if you have:
   - leg pain or a feeling of warmth in the lower leg (calf).
   - swelling of the legs, hands, or feet.
   - sudden chest pain, shortness of breath, or coughing up blood.
   - sudden change in your vision, such as loss of vision or blurred vision.
3. Being still for a long time (such as sitting still during a long car or airplane trip or being in bed after surgery) can increase your risk of blood clots. (See **"What should I avoid if I am taking EVISTA?"**)

What is EVISTA?

EVISTA is a type of prescription medicine called a Selective Estrogen Receptor Modulator (SERM). EVISTA is for women after menopause, and has more than one use:

- **Osteoporosis:** EVISTA treats and prevents osteoporosis by helping make your bones stronger and less likely to break.
- **Invasive Breast Cancer:** If you have osteoporosis or are at high risk for breast cancer, EVISTA can be used to lower your chance of getting invasive breast cancer. EVISTA will not totally get rid of your chance of getting breast cancer. Your doctor can estimate your risk of breast cancer by asking you about risk factors, including:
  - your age (getting older).
  - family history of breast cancer in your mother, sister, or daughter.
  - a history of any breast biopsy, especially an abnormal biopsy.

You and your doctor should talk about whether the possible benefit of EVISTA in lowering your chance of getting invasive breast cancer is greater than its possible risks.

EVISTA is not for use in premenopausal women (women who have not passed menopause).

Who should not take EVISTA?

Do not take EVISTA if you:

- have or have had blood clots in your legs, lungs, or eyes. Taking EVISTA may increase the risk of getting blood clots.
- are pregnant or could become pregnant. EVISTA could harm your unborn child.
- are nursing a baby. It is not known if EVISTA passes into breast milk or what effect it might have on the baby.

What should I tell my doctor before taking EVISTA?

EVISTA may not be right for you. Before taking EVISTA, tell your doctor about all your medical conditions, including if you:

- have had blood clots in your legs, lungs, or eyes, a stroke, mini-stroke (TIA/transient ischemic attack), or a type of irregular heartbeat (atrial fibrillation).
- have had breast cancer. EVISTA has not been fully studied in women who have a history of breast cancer.
- have liver or kidney problems.
- have taken estrogen in the past and had a high increase of triglycerides (a kind of fat in the blood).
- are pregnant, planning to become pregnant, or breast-feeding (see **"Who should not take EVISTA?"**).

Tell your doctor about all medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Know the medicines you take. Keep a list of them and show it to your doctor and pharmacist each time you get a new medicine. Especially tell your doctor if you take*:

- warfarin (Coumadin®, Jantoven®)

  If you are taking warfarin or other coumarin blood thinners, your doctor may need to do a blood test when you first start or if you need to stop taking EVISTA. Names for this test include "prothrombin time," "pro-time," or "INR." Your doctor may need to adjust the dose of your warfarin or other coumarin blood thinner.
- cholestyramine
- estrogens

EVISTA should not be taken with cholestyramine or estrogens.

How should I take EVISTA?

- Take EVISTA exactly how your doctor tells you to.
- Keep taking EVISTA for as long as your doctor prescribes it for you. It is not known how long you should keep taking EVISTA to lower your chance of getting invasive breast cancers.
- It is important to get your refills on time so you do not run out of the medicine.
- Take one EVISTA tablet each day.
- Take EVISTA at any time of the day, with or without food.
- To help you remember to take EVISTA, it may be best to take it at about the same time each day.

EVISTA® (raloxifene hydrochloride) PV 3124 AMP

- Calcium and vitamin D may be taken at the same time as EVISTA. It is important to take calcium and vitamin D, as directed by your physician, to prevent or treat osteoporosis.
- If you miss a dose, take it as soon as you remember. However, if it is almost time for your next dose, skip the missed dose and take only your next regularly scheduled dose. Do not take two doses at the same time.

What should I avoid while taking EVISTA?

- Being still for a long time (such as during long trips or being in bed after surgery) can increase the risk of blood clots. EVISTA may add to this risk. If you will need to be still for a long time, talk with your doctor about ways to reduce the risk of blood clots. On long trips, move around periodically. Stop taking EVISTA at least 3 days before a planned surgery or before you plan on being still for a long time. You should start taking EVISTA again when you return to your normal activities.
- Some medicines should not be taken with EVISTA (see **"What should I tell my doctor before taking EVISTA?"**).

What are the possible side effects of EVISTA?

Serious and life-threatening side effects can occur while taking EVISTA. These include blood clots and dying from stroke:

- Increased risk of blood clots in the legs (deep vein thrombosis) and lungs (pulmonary embolism) have been reported with EVISTA. Women who have or have had blood clots in the legs, lungs, or eyes should not take EVISTA.
- Women who have had a heart attack or are at risk for a heart attack may have an increased risk of dying from stroke when taking EVISTA.

See **"What is the most important information I should know about EVISTA?"**

The most common side effects of EVISTA are hot flashes, leg cramps, swelling of the feet, ankles, and legs, flu syndrome, joint pain, and sweating. Hot flashes are more common during the first 6 months after starting treatment.

These are not all the side effects of EVISTA. Tell your doctor about any side effect that bothers you or that does not go away. If you have any problems or questions that concern you while taking EVISTA, ask your doctor or pharmacist for more information.

- **You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.**

What else should I know about EVISTA?

- Do not use EVISTA to prevent heart disease, heart attack, or strokes.
- To get the calcium and vitamin D you need, your doctor may advise you to change your diet and/or take supplemental calcium and vitamin D. Your doctor may suggest other ways to help treat or prevent osteoporosis, in addition to taking EVISTA and getting the calcium and vitamin D you need. These may include regular exercise, stopping smoking, and drinking less alcohol.
- Women who have hot flashes can take EVISTA. EVISTA does not treat hot flashes, and it may cause hot flashes in some women. (See **"What are the possible side effects of EVISTA?"**)
- EVISTA has not been found to cause breast tenderness or enlargement. If you notice any changes in your breasts, call your doctor to find out the cause. Before starting and while taking EVISTA you should have breast exams and mammograms, as directed by your doctor. Because EVISTA does not eliminate the chance of developing breast cancers, you need these examinations to find any breast cancers as early as possible.
- EVISTA should not cause spotting or menstrual-type bleeding. If you have any vaginal bleeding, call your doctor to find out the cause. EVISTA has not been found to increase the risk for cancer of the lining of the uterus.
- Women in clinical trials have taken EVISTA for up to eight years.

How should I store EVISTA?

- Store EVISTA at 68°F to 77°F (20°C-25°C).
- **Keep EVISTA and all medicines out of the reach of children.**

General Information about the safe and effective use of EVISTA

Medicines are sometimes prescribed for purposes other than the ones listed. Do not use EVISTA for a condition for which it was not prescribed. Do not give your EVISTA to other people, even if they have the same symptoms you have. It may harm them.

This is a summary of the most important information about EVISTA. If you would like more information about EVISTA, talk with your doctor. You can ask your doctor or pharmacist for information about EVISTA that is written for health professionals. For more information, call 1-800-545-5979 (toll-free) or go to the following website: www.evista.com.

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in milk, dark and meltaway.

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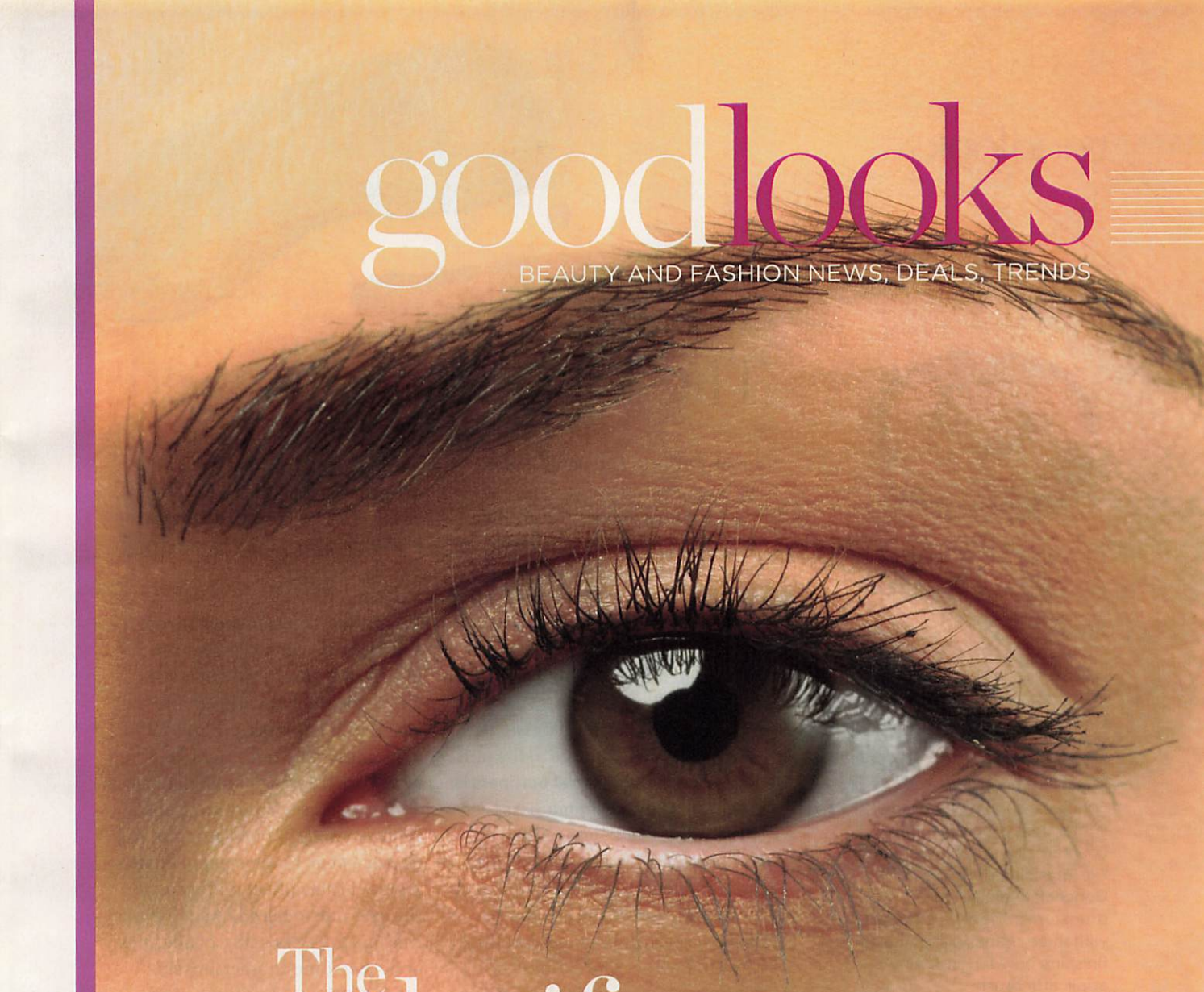
you just have to unwrap it.™



The no-knife Eye Lift

Age-proof your eyes with these turn-back-time tips and treatments

By Mary Rose Almasi

The story often goes like this: You run into a friend you haven't seen in ages, and, after the initial catch-up, she looks at you, concerned, and utters three dreaded words: "You look tired." You're not—but your eyes are telling a different story. Over time, eyelid skin becomes thinner, more lined, and less toned, creating the impression of fatigue. "I often hear this complaint from women who say their eyes make them look worn out," says Washington, D.C., cosmetic surgeon and laser expert Hema Sundaram, M.D. But treatments and makeup tricks can brighten and wake them up. Here are the best of the bunch.

Photograph by Patricia De La Rosa/Getty Images

The Top 4 Issues—Solved!

Puffy eyes

Some puffiness is genetic, and no eye cream will erase or reduce it. But if your bags come and go, fluid retention is probably the cause. Salty dinners, late nights, a cocktail or two—they can all make your body hold on to water. "Since lid skin is thinner than elsewhere on your face, you'll notice swelling more," explains Jody A. Levine, M.D., a New York City dermatologist.

TO THE RESCUE Thanks to the pull of gravity, **morning facial puffiness is usually gone by lunchtime.** To speed things up, try placing a chilled eye compress, cold water–soaked tea bags, or cucumber slices over lids for five minutes. Cold constricts blood vessels and reduces swelling, says Dr. Levine. The caffeine in many eye creams is tightening, too. "Gently press on the bones around your eyes as you apply it," she suggests. "The pressure helps stimulate circulation and drain excess fluid." Try Garnier Nutritioniste Skin Renew Anti-Puff Eye Roller ($13, drugstores; *1*) or a Crabtree & Evelyn Gel Eye Mask ($6, Crabtree & Evelyn; *2*).

Dark circles

When blood vessels show through skin, they can give the eye area a bluish cast. "Since skin becomes more translucent with age, blood vessels appear more prominent," explains Heidi Waldorf, M.D., a New York City dermatologist. A less common cause of darkness: post-inflammatory hyperpigmentation, doctor-speak for clusters of brown pigment that collect underneath the eyes due to heredity or chronic rubbing (often because of allergies or bothersome contact lenses).

TO THE RESCUE Daily use of any basic eye cream will temporarily plump skin so blood vessels are less visible, says Dr. Waldorf. Eye creams are a better choice for this purpose than regular face creams, because they tend to have a higher concentration of emollients for plumping and a thicker texture, which makes them adhere to the ever-mobile eye area. **To improve the look of brown pigment, try an eye cream with botanical skin lighteners** like licorice and kojic acid. We like Bioré Daily Recharging Enliven Cooling Eye Gel ($10, drugstores), with mica for brightening, and Cosmedicine Eye Specialist Essential Moisture Treatment with licorice extract ($45, Sephora). →

DARK-CIRCLE CAMOUFLAGE

Step 1

• **Choose Your Disguise** Pick a creamy concealer (like the kind in a compact). "Creams have a stronger hold than liquids and won't creep into fine lines," says New York City makeup artist Shaun Thomas Gibson. Your concealer should be a shade lighter than your skin tone to counterbalance darkness. We like **Physicians Formula Concealer Palette** ($8, drugstores; *above*), a compact with three shades of concealer, finishing powder, and a tiny applicator brush.

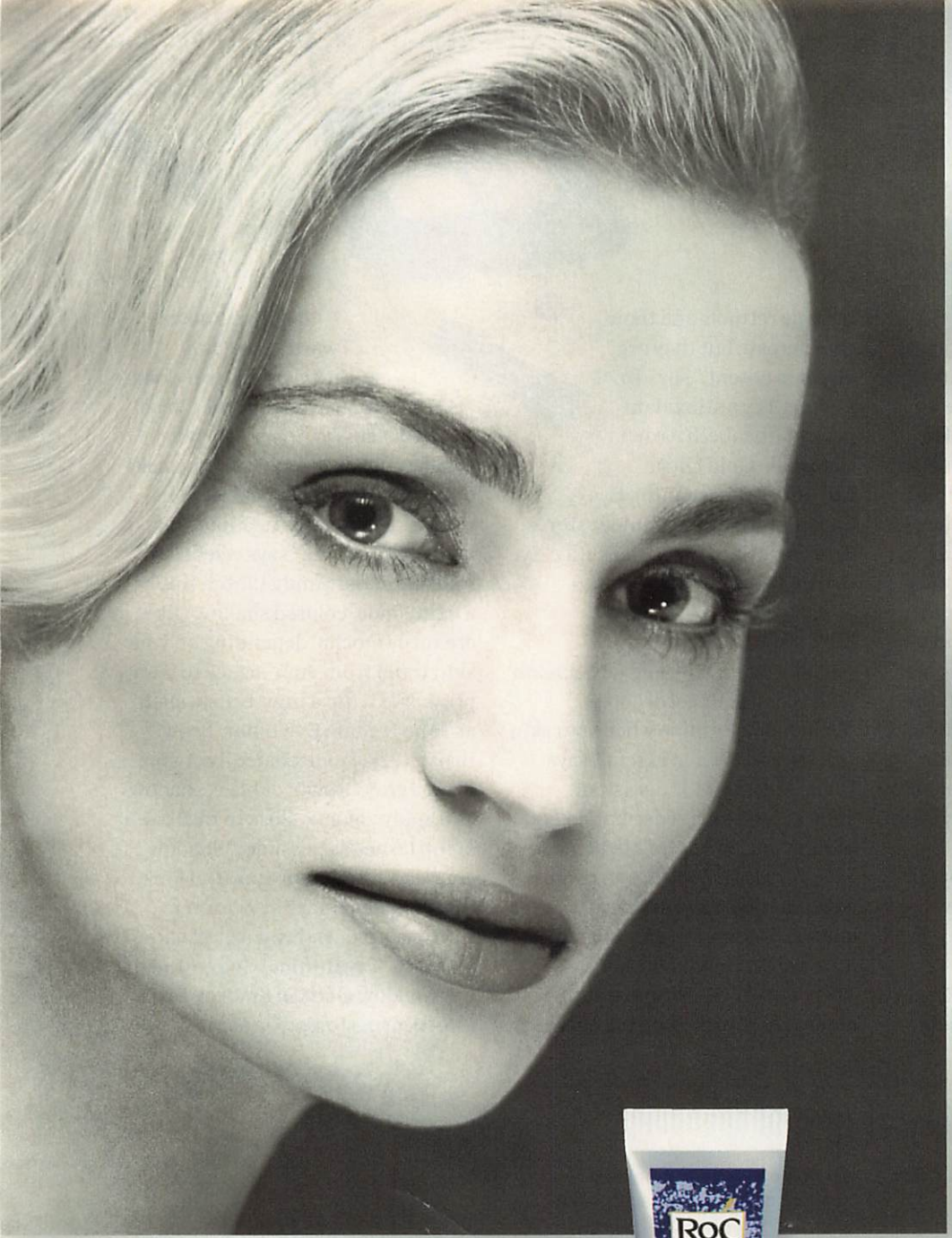
Step 2

• **Perfect Your Technique** Dab on eye cream, and let it soak in for a minute. Then apply foundation (if you wear it), including under your eyes—this will erase some of the darkness so you can use less concealer. A concealer brush will give you the most expert-looking coverage, though a well-placed finger works, too. Paint the cover-up from the inner corner of the eye to the midpoint beneath the eyeball, then feather it out, blending away any obvious demarcation lines.

Step 3

• **Save Your Work** Dust a tiny bit of nude face powder over concealer to hold it in place.

Photographs by CHRIS ECKERT/STUDIO D



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THE PROOF

In an independent clinical study:

94% of women saw a diminished look of **WRINKLES.**

79% of women experienced improved **ELASTICITY** for more defined facial contours.

96% of women experienced **BRIGHTER** more radiant skin.

85% of women saw a diminished look of **DARK CIRCLES** for greater clarity in the eye area.

WE KEEP OUR PROMISES®

Lines and wrinkles

Every time you smile, frown, yawn, or squint, the skin around your eyes crinkles up. Eventually, **as the collagen levels diminish, your skin literally stays scrunched,** and deeper creases take the place of fine lines.

TO THE RESCUE A few ingredients are essential. The first is retinol, a vitamin A derivative that rebuilds collagen levels and helps smooth fine lines. (Tretinoin, the stronger, prescription-strength version, also known by brand names like Retin-A and Renova, yields faster, more dramatic results but can irritate the delicate eye area.) Antioxidants like green tea and vitamin C, which help skin retain collagen, are effective wrinkle reducers, too. If your skin is especially sensitive, swap vitamin A products for peptides—proteins that also stimulate collagen growth. "Peptides don't sting or cause redness the way retinols and their cousins can, but they are also less potent," says Dr. Levine. Try antioxidant-packed Elizabeth Arden Ceramide Gold Ultra Lift and Strengthening Eye Capsules ($52, department stores; *3*) or Pure Skin Care Black Rice Eye Cream ($13, CVS; *4*).

Sagging lids

As collagen, elastin, and fat decrease with age, eyelids get droopier. "Genetics determine when your skin will sag and to what extent," says Diane Madfes, M.D., assistant clinical professor of dermatology at Mount Sinai School of Medicine in New York City. "And **like any skin aging, sun exposure hastens the effect."** As a result, some women have sagging in their late 30s.

TO THE RESCUE No eye cream alone will reverse sagging once skin begins its downward slide. Only surgery gives you truly long-term improvement (see "What a Doctor Can Do," page 72). But **artfully applied eye makeup can make drooping lids less noticeable.** "The trick is to define the lashline and neutralize the lid," says celebrity makeup artist Sandy Linter. Apply a light, nude-colored shadow (like cream or mocha, depending on your skin tone) from your lashes to your brow. Next, dip a liner brush, such as Jane Iredale Eye Liner/Brow Brush ($12, janeiredaledirect.com; *6*), in a gray, brown, or black shadow, and apply color as close to the base of top lashes as possible. "Shadow creates a softer, more natural look than a pencil liner," says Linter. Finish with dark-brown or black mascara. Try Rimmel Colour Rush Eye Shadow Quad in Smokey Brun ($5.40, drugstores; *5*). →

LASH PERK-ME-UPS

Nothing enhances your eyes quite like having long, lush lashes

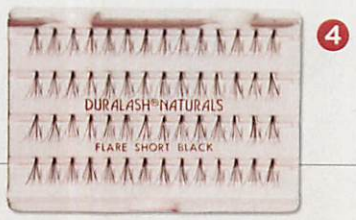
Curl your lashes Eyes look brighter when lashes are curled because you see more of the whites, says New York City makeup artist Ramy Gafni. Our pick: Revlon Gentle Heat Lash Curler ($10, drugstores; *1*), a new, battery-powered wand that uses warmth to create bend.

Or at least curl the corners If curling *all* your lashes seems like too much trouble, try getting a wide-eyed look on the outer third with a mini curler. We like Tweezerman Corner Lash Curler ($10, tweezerman.com; *3*).

Do push-ups Press up on the mascara brush as you apply the color from roots to tips to further encourage the curl, says Gafni.

And jiggle, too Use the zigzag motion favored by makeup pros to saturate all sides of each lash with color. Estée Lauder TurboLash All Effects Motion Mascara ($30, Saks Fifth Avenue; *2*) has a vibrating wand designed to mimic this expert move.

Or skip the mascara gymnastics Apply fake lashes to the outer corners of your eyes instead. Makeup artist Sandy Linter suggests using the "short" or "flare" kind (full lash strips can look too Hollywood for real life). Place the glue on the faux lashes, then stick them against the roots of your natural lashes. Sweep on mascara to blend the falsies with your own. Try Ardell DuraLash Naturals ($4, drugstores; *4*).



Photographs by CHRIS ECKERT/STUDIO D

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*Moisturizer refers to glycerin.
**While supplies last.

What a Doctor Can Do

When you want faster, more dramatic results than even the best eye cream or makeup trick can offer, you'll find plenty of longer-lasting (but costlier) options at the dermatologist's or plastic surgeon's office.

BEST FOR BANISHING WRINKLES

Botox injections The doctor makes tiny injections of botulinum toxin into the muscles that cause wrinkles, forcing them to relax. The injections take effect in a week or so, and the area stays smooth for three to six months. Cost: about $500.

Chemical peels A medium-depth peel (like trichloroacetic acid, a.k.a. TCA) stimulates collagen growth by removing the top layer of skin. The body senses an injury and cranks out new healthy skin as a way of healing itself. You'll look like you have a bad sunburn for five to seven days, but then facial skin will be smoother and less lined for six months to a year. Cost: about $1,000.

Lasers Many kinds of lasers are used around the eyes, usually as part of an allover facial rejuvenation treatment. Lasers help reduce wrinkles by resurfacing skin and stimulating collagen production. As with a peel, you'll look badly sunburned for a few days to a week before the smoothing shows up; it'll last for a year or more, until new wrinkles form. Cost: about $2,000 for the face, including eyes.

BEST FOR HIDING DARK CIRCLES

Hyaluronic acid injections This clear gel filler, known by brand names like Restylane and Juvéderm, is injected directly into the hollows beneath the eyes to even them so they no longer appear as dark shadows. Expect swelling, mild bruising, and tenderness for up to a week afterward (the bruising can be covered with concealer). Results will last three to six months—or more. Cost: about $600.

BEST FOR LIFTING SAGGING LIDS

Blepharoplasty During this surgery, the doctor makes tiny incisions around or inside the eyelids to remove loose skin and excess fat, which create a droopy, sleepy look. It takes about two weeks before the bruising goes down; you may not want to return to work until then. But the tightening effect lasts for years. "This procedure can make you look 10 to 15 years younger," says Mark A. Codner, M.D., clinical assistant professor of plastic surgery at Emory University School of Medicine in Atlanta. Cost: about $6,000.

HOW TO FAKE LOOKING AWAKE

When morning news anchors pull off the bright-eyed look at 5 A.M., they often have their makeup artists to thank. Here, New York City makeup pro Deborah Bell, who has worked with everyone from Katie Couric and Ann Curry to Soledad O'Brien and Campbell Brown, shares the eye-enhancement tricks she deploys daily before the sun rises.

- **Use brightening eye drops** It's the easiest, quickest way to make eyes look more awake. "The drops remove any redness and make the whites seem whiter," says Bell.
- **Avoid dark eye shadows** They cast the entire lid in darkness. Use a flesh-toned hue instead to even out skin tone, then top it with a sheer gold shadow, applied from lashline to crease. "Gold's luster makes eyes really shine," says Bell. Try **Sonia Kashuk Eye Shadow Duo in Razzle Dazzle** ($8, Target; *1*).
- **Dust bronzer over blush** After applying blush, Bell sweeps bronzer along the cheekbones. "Shimmer high on the cheeks brightens the whole face, including the eyes," says Bell. Her pick: **Lancôme Star Bronzer Magic Bronzing Brush** ($33, department stores; *2*), a bronzing powder with a built-in brush.

Click Here Take five years off your face! Discover how to plump your lips, diminish wrinkles, and fade age spots at goodhousekeeping.com/agewell

Photographs by CHRIS ECKERT/STUDIO D

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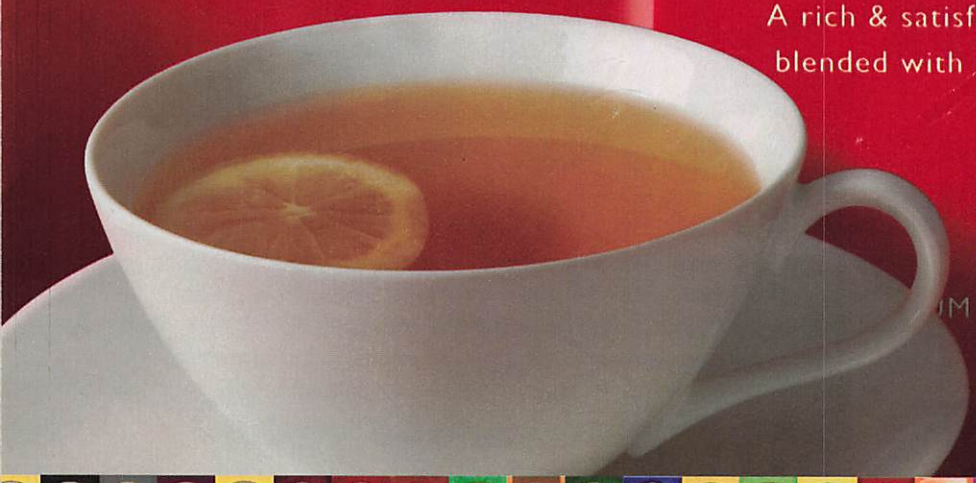

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GOOD TASTE
Heart-embossed and fun to pull out at a party, sugar-free Oral Fixation Fabulous Fruit mints ($3, oralfix.com) are a sleek alternative to other fresheners

Good Deals Beauty

It's party time! Keep it chic and simple with these **evening bag essentials** (plus one cute clutch)

MINI MASCARA
This downsized version of Benefit A Little Bit BadGal Lash Mascara ($9, Sephora) has the same famously fat brush as the big-on-volume original

CIAO, BELLA
Sure, it's pretty to look at, but it's the addictive summer-in-Tuscany scent that will really have you hooked. Tiny Pacifica Solid Perfume in Tuscan Blood Orange ($9, pacificacandles.com)

PUCKER UP
This petite lipstick hooks on to your cell phone or key chain for easy locating and comes in a skin-brightening, creamy rose tint. Bourjois Mini Lipstick in #15 ($9, Ulta)

GO FOR BRONZE
A scallop-edge, faux-leather cosmetics bag can double as the perfect, affordable evening clutch ($8, Bath & Body Works)

Photographs by J MUCKLE/STUDIO D

Click Here Shopping tips from our **bargain-hunting blogger** at goodhousekeeping.com/deals

Mending Split Ends

Nothing makes hair look more frazzled and dull than frayed ends. But short of a trim, nothing seems to permanently fix them. That's why we welcomed news of products that claim to repair split ends. To see if they would live up to their end-mending billing, the Good Housekeeping Research Institute tested six—both on volunteers' hair and on swatches with split ends. Afterward, the results were examined under a microscope. The verdict: None was able to fuse the frays back together. Nevertheless, after using Citré Shine Shine Miracle Split End Mender ($4, drugstores), testers noted that their hair seemed smoother and that it appeared to have fewer split ends. One volunteer's simple take: "My hair looked healthier."

GHRI TESTED

Photographs, clockwise from top left: Thomas Northcut/Getty Images. UrbanLip.com; J MUCKLE/STUDIO D.

The *Other* Effect of Age Spots

It's no surprise that age spots can make you look older. But a new study published in Europe found that clusters of dark pigment (usually the result of sun damage) can make you appear less healthy, too. Researchers showed 200 men and women photos of women's faces four ways: unretouched, with wrinkles deleted, with age spots taken off, and with both wrinkles and age spots erased. Participants rated the women with just spots removed as healthiest. The reason, theorizes David J. Leffell, M.D., professor of dermatology and surgery at Yale University, could be that pigment changes caused by sun exposure can make a face look blotchy—a potential sign of ill health. To prevent spots from developing (or getting worse), Dr. Leffell recommends daily sunscreen use. And to fade existing spots, apply a daily serum with skin lighteners such as hydroquinone, niacinamide, and licorice. Two safe bets: Olay Definity Night Anti-Spot Treatment ($25, drugstores; *above back*) or DDF Discoloration Reversal-Pod ($70, Sephora; *above front*).

WHAT "UNSCENTED" REALLY MEANS If you have sensitive skin, moisturizers with added fragrance can be irritating. But "unscented" ones may not be any gentler, since manufacturers sometimes use a so-called masking fragrance to cover up a chemical scent. Instead, **look for moisturizers labeled "fragrance-free."** They're less likely to cause a skin reaction, explains Kenneth Beer, M.D., a cosmetic dermatologist in West Palm Beach, FL. Try: Purpose Dual Treatment Moisture Lotion with SPF 15 ($9, drugstores; *far right*) and Cetaphil Daily Facial Moisturizer SPF 15 ($10.50, drugstores; *right*). ■

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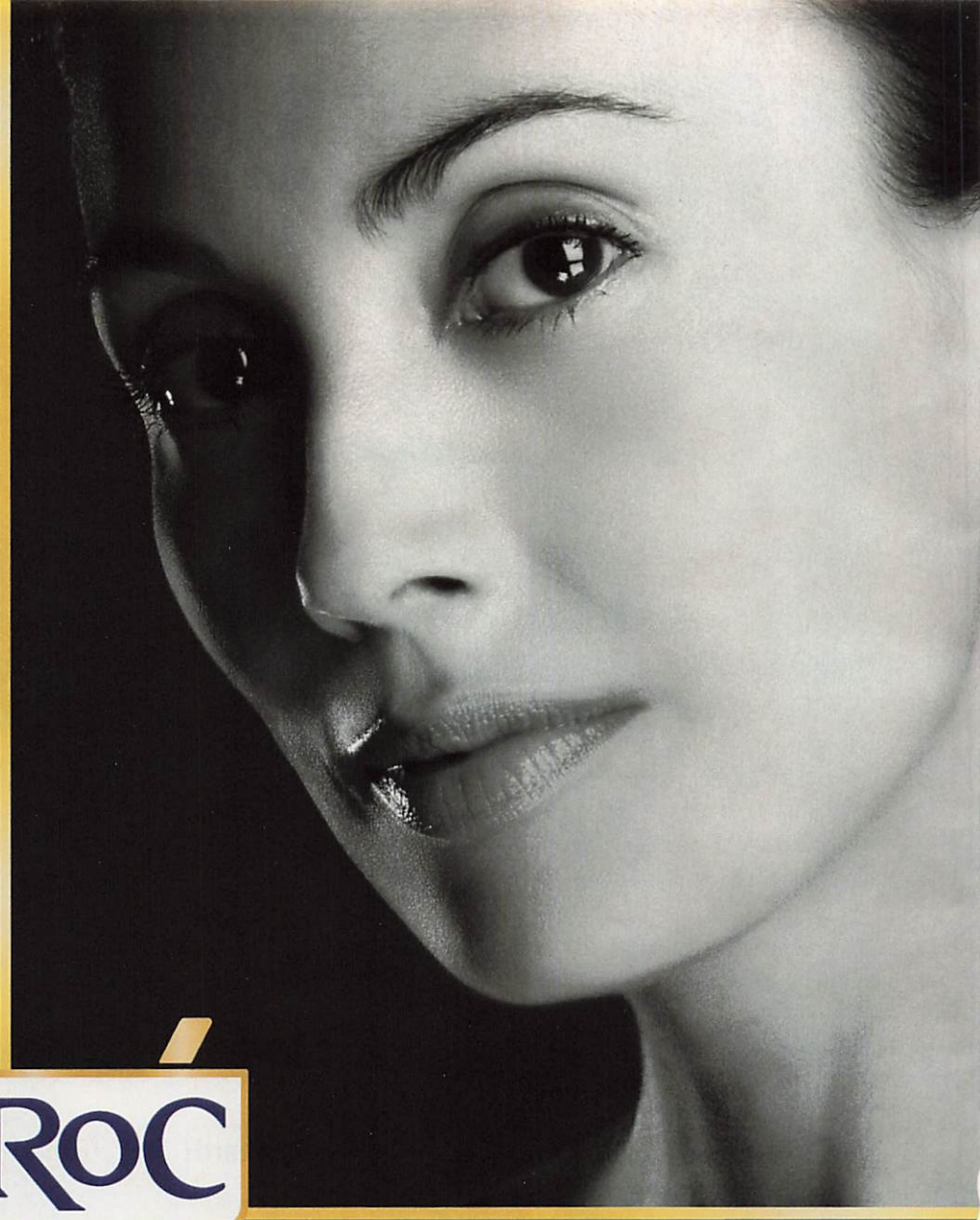

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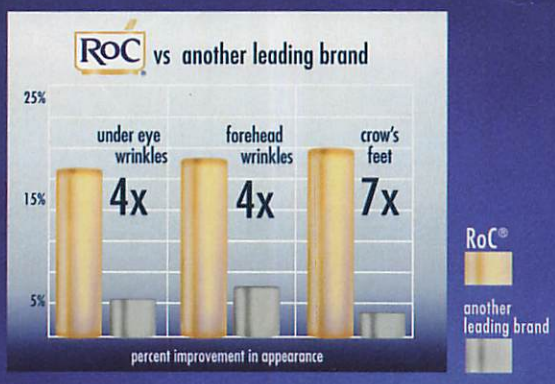

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*on average, 10 years back to the look of your skin based on diminished appearance of wrinkles after 12 weeks use in clinical testing. ©RoC 2008

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Wild Things

These straight-from-the-savanna styles can be the cat's meow—as long as you choose natural colors (blacks, browns, tans) and keep the rest of your outfit tame

Photographs, from left: PHILIP FRIEDMAN/STUDIO D, hair and makeup by Alejandra for artistsbyt.timothypriano.com; KEVIN SWEENEY/STUDIO D, styling by Mako Katoh (stills).

Boden, $148

Chaus, $119

FAIR GAME
Avoid feline-pattern pants—unflattering and too costumey (unless you're in the *Lion King* cast)

Chico's, $258

Rebecca Taylor, $275

Skirt, $220, Rebecca Taylor. Sweater, $30, East 5th by JCPenney. Earrings, Jennifer Rose. Bangles, Judith Bright. Satchel, Anya Hindmarch for Target. Tights, No Nonsense. Pumps, Nine West

Web Bonus Try It Online!

Love the look? See how it fits your body! Try on these clothes at goodhousekeeping.com/virtualmodel

SHOPPING DETAILS, page 234

Good Deals Fashion

Get your mitts on warm-and-fuzzy **winter gloves,** without handing over a bundle of cash

HOT COCOA
The silhouette's refined, but The Limited's sleek look ($20) is actually cut from easygoing fleece

COLD COMFORT
These cozy chill-chasers ($42) from Charter Club pair toasty cashmere with cable ribbing

FINGER PRINTS
Fancy up a low-key coat with Dress-barn's attention-getting houndstooth gloves with dainty buttons ($10)

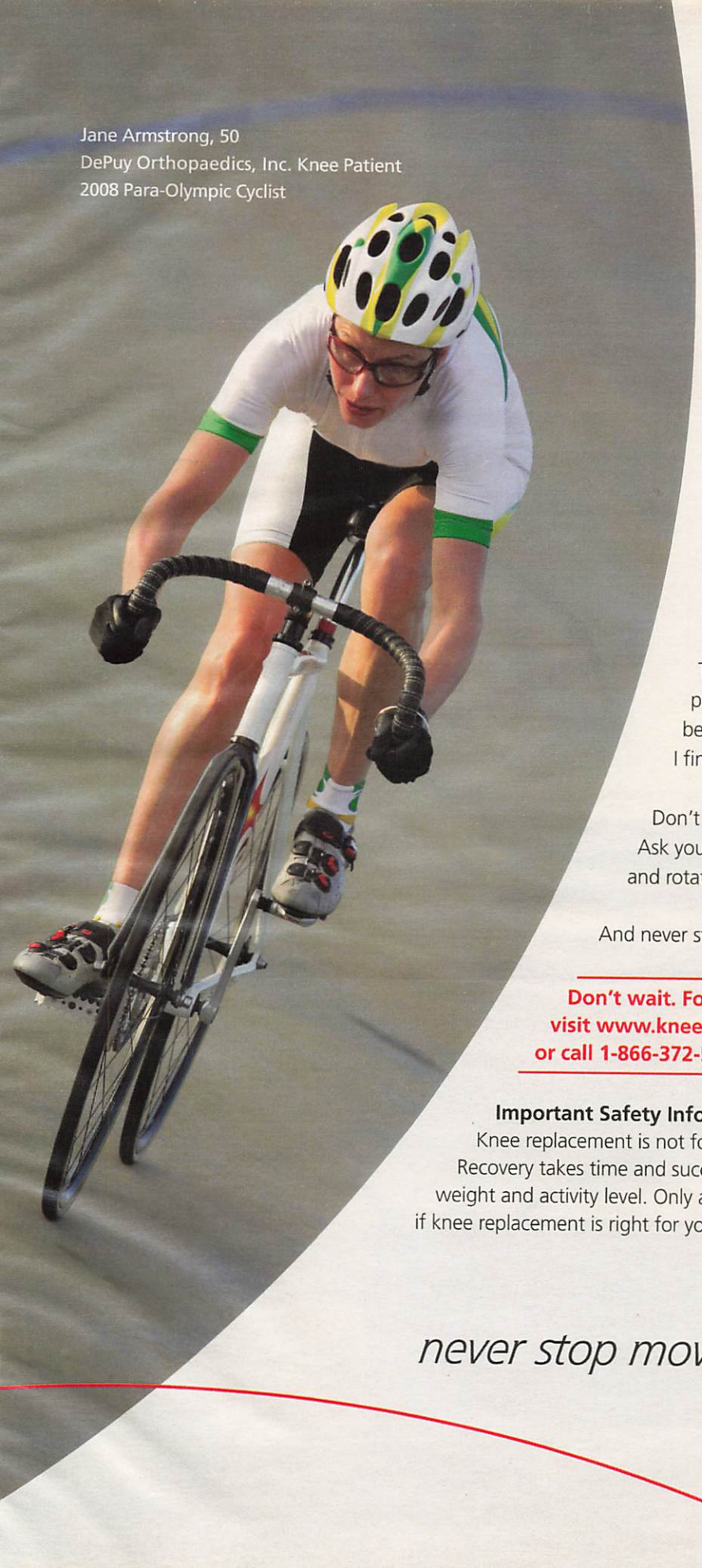
TAKE A SHINE
Glinting threads woven into Echo's nubby knit ($25) bring some sparkle to a casual classic

IN THE DARK
Fur trim and a luxurious length give these must-haves ($30) from Marshalls a ladylike glamour

BRIGHT IDEA
Supple, machine-washable suede and a slim fit make this Lands' End style ($26) as practical as it is polished

Photographs by KEVIN SWEENEY/STUDIO D, styling by Miako Katoh.

Click Here Read the *Good Deals Blog* for fashion finds at goodhousekeeping.com/deals



Jane Armstrong, 50
DePuy Orthopaedics, Inc. Knee Patient
2008 Para-Olympic Cyclist

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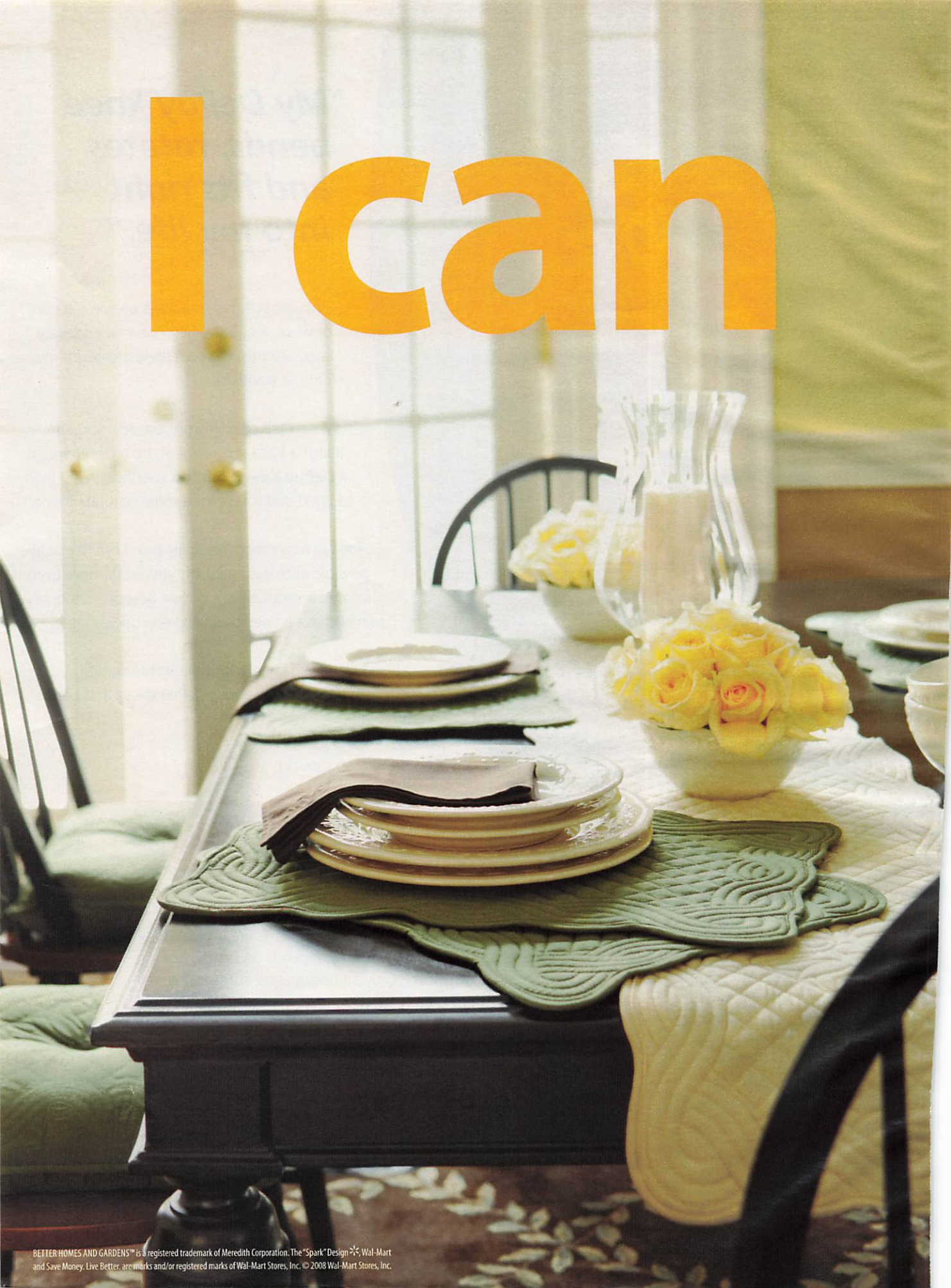

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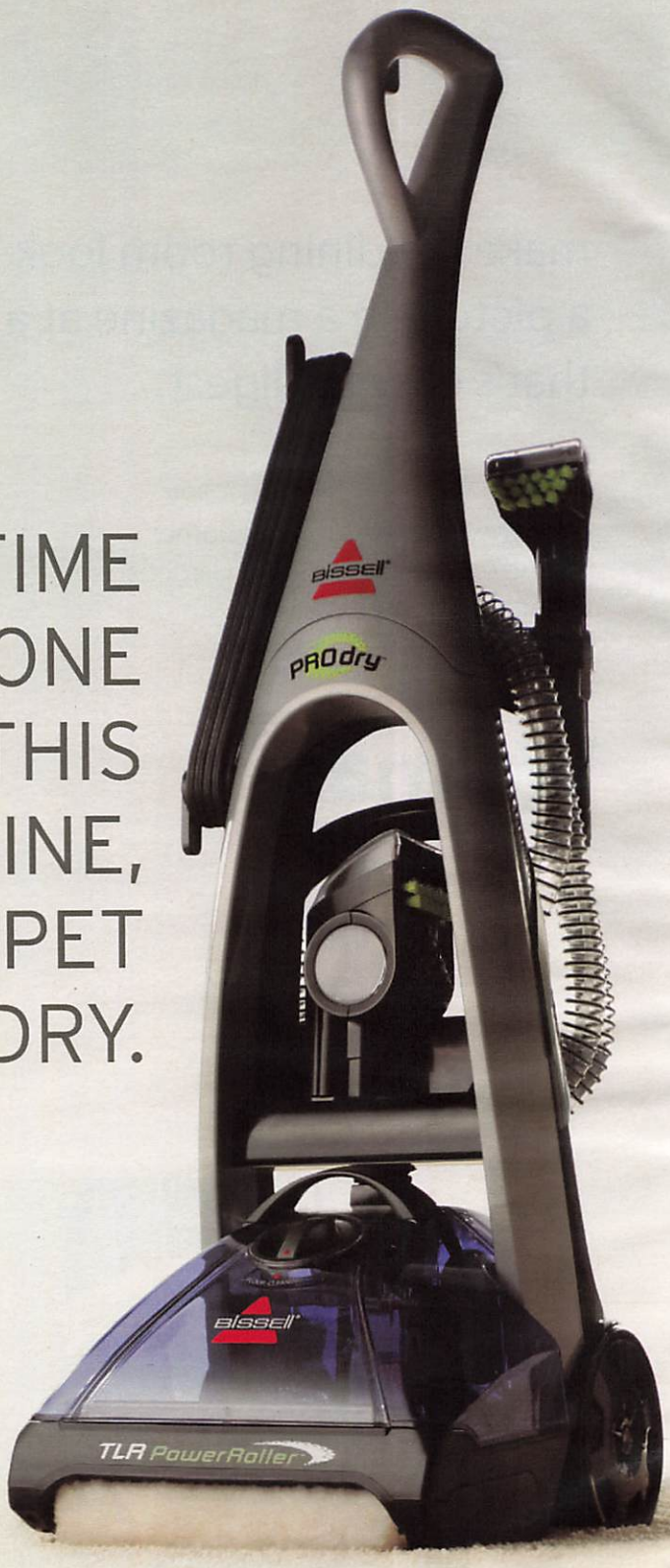

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Leaf it indoors

Display a colorful collection of fall foliage without making a pilgrimage to the forest. To create this reusable garland, you'll need: fabric scraps in harvest hues (pick up inexpensive "fat quarters," or quarter yards of material used for quilting, at any fabric store), fusible interfacing, and an embroidery needle and floss (also at the fabric shop), plus an iron and scissors. Sandwich interfacing between two matching fabric squares, and iron—this will give the leaves some stiffness. Snip out as many shapes as you plan to display (find templates at goodhousekeeping.com/leaves). With the needle, thread the floss through the stem of each leaf; hang. →

PHOTOGRAPHS BY ANDREW MCCAUL

Styling by Megan Pflug

Instant Gallery

If you're more camera hog than clotheshorse, put wooden skirt or pants hangers to better use—as custom framing that lets you change out images as often as you like. Start your rotating gallery by gathering several matching hangers (you can buy a six-pack for as little as $7 at bed-and-bath stores). Print out images on letter-size paper, leaving large white margins to fake a matte; affix the prints to black construction paper with double-sided tape. Mount hangers with small nails, and clamp photos into place. (You can pop in the kids' artwork, if you prefer.) You'll appreciate how easy it is to have an ever-changing exhibition—and how much money you've saved on framing. →

Magnetic Personality

Here's a winning idea: Make fun refrigerator magnets out of flat-backed playing pieces (like dice, poker chips, dominoes, and Scrabble letters) from games that are missing parts or are no longer in use. To do: Buy adhesive-back magnetic tape from a crafts or office-supply store. Cut tape to fit pieces, peel backing off to reveal the adhesive, and stick it on. Keep magnets for yourself, or give them out as playful gifts to fellow grown-up kids.

Click Here Get decorating suggestions from our Room Decor Gallery at goodhousekeeping.com/roomdecor

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***Brice Cooper**, GE Lighting Guy*

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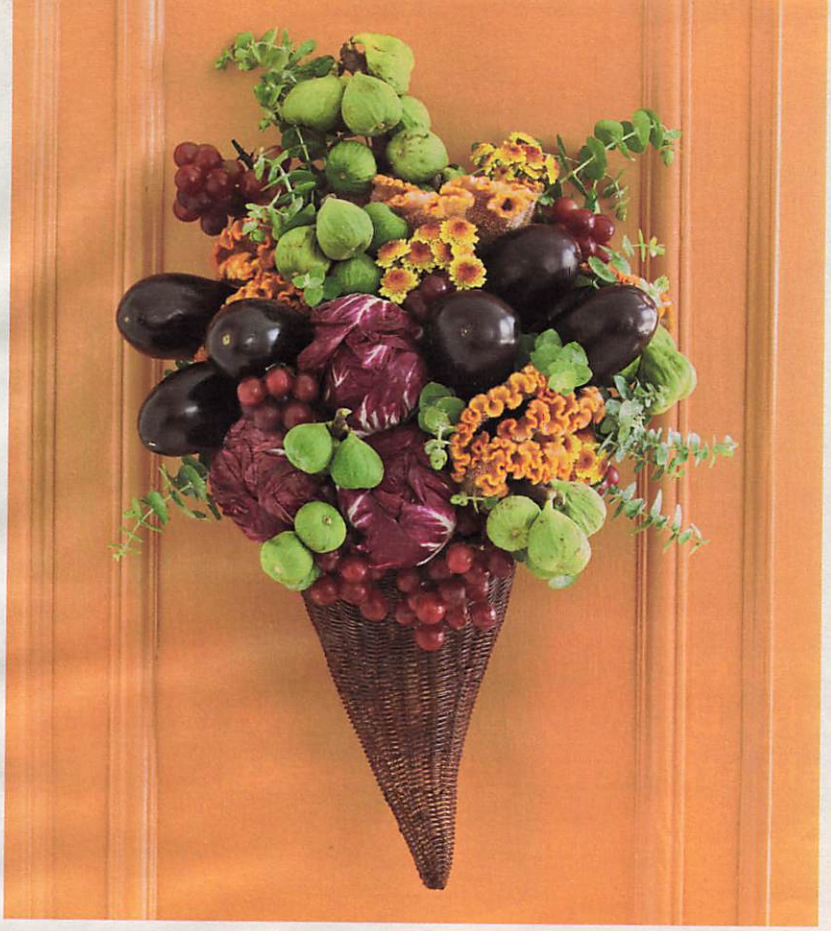
imagination at work



TRY THIS

HORN OF PRETTY

Turn a Thanksgiving tradition on its side with a cornucopia as door decor. Fill with floral oasis (from a crafts store), cut to fit, soaked in water, and wrapped in plastic wrap to prevent dripping. For the bountiful bouquet, use floral wire to wedge in stems of button mums, figs, mini eggplants, coxcombs, radicchios, grapes, eucalyptuses, or other seasonal flora (Jane Packer, of *Jane Packer's Guide to Flower Arranging,* made the one here). Mount with a wreath hanger.

Stand-Up Storage

Ending clutter in your dressing area can be a piece of cake: Layer dessert stands to form a catchall for cosmetics, jewelry, and other accessories that tend to get lost. To ensure stability, pick sturdy stands and position the top one in the center of the base, or use denture cream to secure. Need them back for a party? Water will dissolve the seal. ■

Soft Touch

This Turkey Day, look to your feathered friends for a tabletop trick. Pick up gold and silver braided cording and duck quills from a fishing outfitter or crafts store. Cut cording in 10-inch lengths, twist a few together, wrap around your napkin, and tie in back. Slip in plumes for an instant festive feel.

Arrangement courtesy of Jane Packer. For more ideas, purchase *Jane Packer's Guide to Flower Arranging,* $30, Ryland Peters & Small; rylandpeters.com.

Messes happen. You can't be expected to drop down on all fours every time there's a spill. Just grab a sheet of Brawny,® cloth-like and absorbent, with all the strength you expect, and let your feet do some of the work.

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SOAK IT IN
Embellished with sequins and patterned with iconic Indian paisley, Target's henna-hued shower curtain ($29) brings a touch of the Taj Mahal to any bathroom

GUIDING LIGHT
These aromatic ayurvedic votives ($14 for four) from Tara Spa Therapy are scented with essential oils and—they promise—help calm, soothe, and balance the body's *doshas*

ROLL PLAYING
Add some panache to presents with the Container Store's gift wrap ($4.25). Printed with stylized paisley, it can also multitask as chic drawer liner

Good Deals Home

Book a passage to India with **exotic, frugal finds** inspired by the history-rich subcontinent

PICTURE THIS
This tourism-boosting poster ($25) from art.com reproduces a 1930s travel ad and measures nearly three feet high

CONTAIN YOURSELF
A floral-embossed metal top and distressed gold patina lend this lidded wooden storage box ($15) from HomeGoods the look of a Raj-era antique

SLUMBER PARTY
As vividly colored as a sari, IKEA's quilt cover and pillowcases ($30 for set) will have you feeling like a modern maharani

STEEPING BEAUTY
Sip your Darjeeling in style with Rosanna's trumpet-shaped porcelain mugs ($40 for four) with swirling designs that recall Indian textiles

Photographs by PHILIP FRIEDMAN/STUDIO D

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MAKEOVER | DINING ROOM

Golden Oldie

A dining room gets a less-is-more redo

WHAT'S OLD IS NEW
The homeowners' spindle-back chairs pick up the warm wood floor, *top*, of their newly polished surroundings

The owners of this Minneapolis home fell in love with its dining room at first sight—never mind the wall-to-wall bright green carpeting and fussy floral wallpaper. Despite those layers, the room had good bones and charm to spare, from the Craftsman-style woodwork to the original leaded and stained glass windows.

Updating the room required a simple lesson in subtraction. The carpet was removed to reveal rich oak floors, which were then refinished. Down came two different wallpaper patterns in favor of warm gray paint; the trim and wainscoting stayed a low-luster white, showcasing their clean lines. Further streamlining the space: a simple dark-bronze fixture from Rejuvenation (which specializes in period-lighting reproductions) swapped in for the brass chandelier.

The couple's light-wood furniture looks perfectly at home in the renovated space, while a new wool rug in earthy hues provides a soft note underfoot. Says the wife: "We searched everywhere and bought the biggest table we could find. We can fit our whole extended family around it at Thanksgiving." And, after stripping away the excess design elements, the room's true beauty now shines and provides a welcoming setting for that holiday feast.

—Megan Kaplan

Photographs, from top: Michel Arnaud; courtesy of Pam Mariutto (before photograph).

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More than 35 million Americans are at risk of hunger.** According to Feeding America (formerly America's Second Harvest)—the largest domestic hunger-relief organization in the U.S.—one of the biggest struggles among these Americans is gaining access to nutrient-rich foods, including high-quality fresh produce.

The V8® brand, the leader in vegetable nutrition, has partnered with Feeding America to **Make Every Serving Count**, and get vital vegetable nutrition to hungry Americans nationwide. Getting just one more serving of vegetables each day can make a difference for your health and the health of those in need.

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www.feedingamerica.org

*Casagrande SS, Wang Y, Anderson C, Gary TL. Have Americans Increased Their Fruit and Vegetable Intake? The Trends Between 1988 and 2002. *Am J Prev Med* 2007; 32:257-63.

**Nord, Mark, Margaret Andrews, Steven Carlson. Household Food Security in the United States, 2006. ERR-49, U.S. Dept. of Agriculture, Econ. Res. Serv. November 2007.

Visit **v8counts.com** for more information on how you can help. *Make Every Serving Count.*™

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You usually drink V8® juice to get vegetables. Well, now you can drink it to give vegetables. Your purchase of any V8® juice or soup will help us donate over 30 million servings of fresh vegetables to those in need through the Feeding America National Produce Program. Find out about all the ways you can get involved at **V8counts.com**

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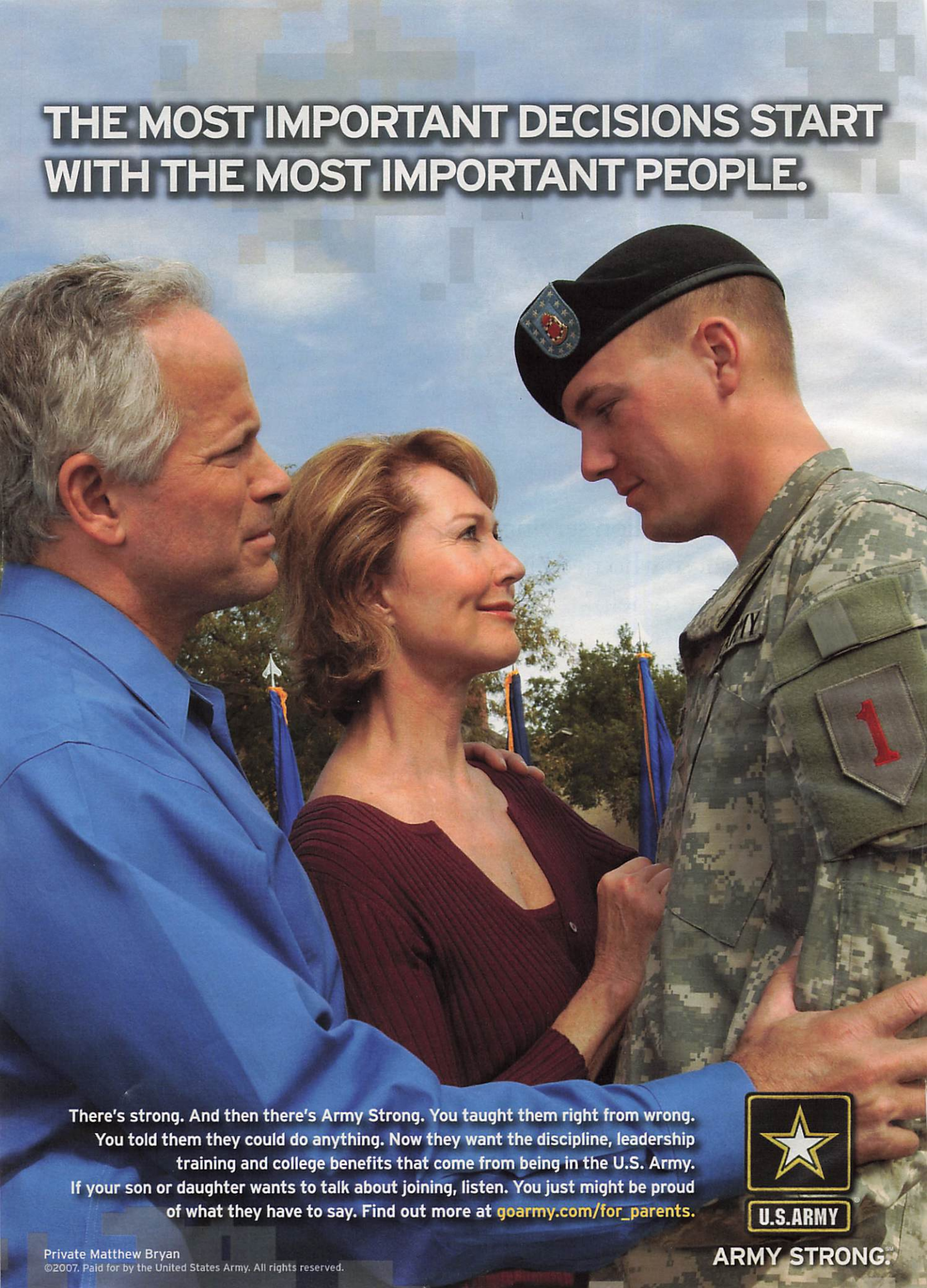
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ARMY STRONG.
Private Matthew Bryan
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Safer Lice Solutions

If the FDA warning that lindane, the insecticide in some lice treatments, can cause seizures had you worried, relax. A new crop of pesticide-free products is on the market. Instead of poisoning lice, they suffocate the critters and/or make them easier to remove from hair. Below, five kid-friendly but effective remedies recommended by GHRI. *—Laura Hahn*

PRODUCT	PRICE	TIME REQUIRED*	HOW TO USE
Acu-Life Lice Cure Lice & Egg Removal System	$17	30 to 60 minutes	Spray solution on dry hair, and cover with shower cap. After 15 minutes, rinse and comb out lice.
LiceMD Lice & Egg Treatment	$14.49	30 to 60 minutes	Work odorless gel into dry hair and comb out lice; then wash with regular shampoo.
Licenders Total Lice Treatment Kit	$75	one to two hours	Apply shampoo to wet hair, comb through; then coat with combing solution and powder, and comb out lice.
Quit Nits: The Complete Lice Kit	$20	four hours minimum	Coat dry hair with cream; then cover with shower cap. After four hours, wash with regular shampoo.
Schooltime Shampoo	$17	25 to 30 minutes	Massage shampoo into dry hair for 20 minutes, rinse, and then comb out lice. (Comb not included.)

*Products may require repeat applications within five to 14 days, per manufacturers' recommendations.

THE WHEEL DIFFERENCE

Teens who spend more than four evenings a week on wheels (think roller-skating, bicycling, and skateboarding) are 48 percent less likely to become overweight adults than kids who don't, say researchers at the Johns Hopkins Bloomberg School of Public Health. By contrast, risk of weight gain for teens involved only in school sports decreased just 20 percent from that of sedentary peers. *—Monica Monzingo*

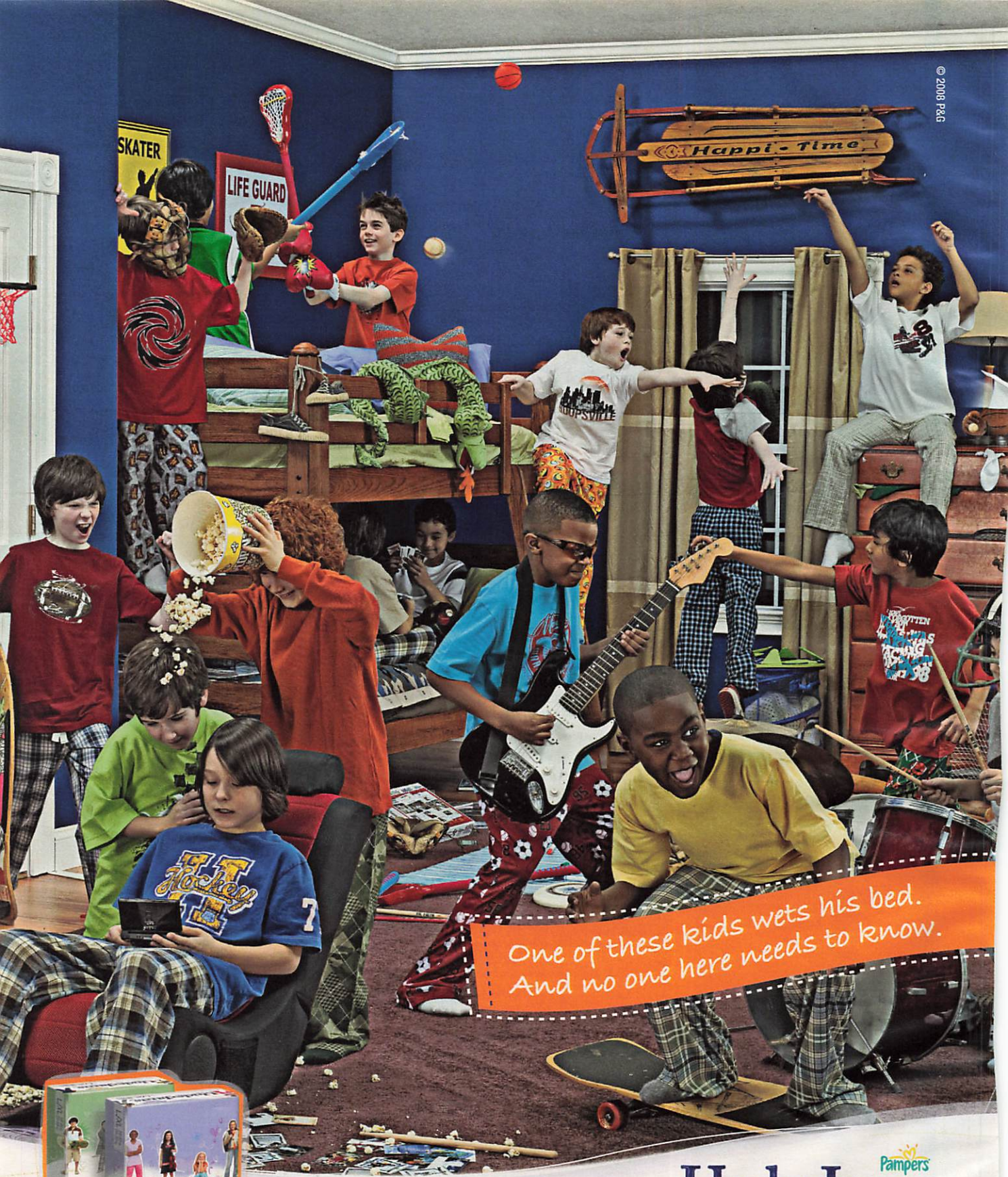
New Flu-Shot Schedule

When it comes to kids, flu shots aren't just for the littlest ones anymore. The CDC used to recommend annual injections for children from 6 months old until age 5, but it now advises that kids get them until age 19. Here's why: About 30 percent of kids catch flu in a bad outbreak, and they often infect those who can get dangerously ill (newborns and the elderly).

Flu season strikes as early as October, so sign your kids up right away. Many pediatricians now have a nasal-spray vaccine that experts say is as effective as the injection. If your kids are shot-shy and your doc doesn't have the spray, try alternative sites, like malls or pharmacies offering vaccine days. *—L.H.*

Photographs, from top left: Pixel Shepherd/Age Fotostock; istockphoto.com.

SHOPPING DETAILS, page 234



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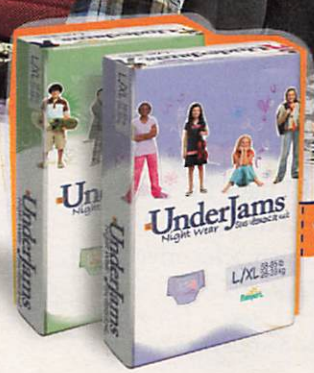


NEW

Pampers
UnderJams™
Night Wear
Sous-vêtement de nuit

PROTECTION made private

That's because he's wearing new UnderJams.™ They help give kids the all-night protection they need without the whole world having to know. After all, UnderJams™ fit more like underwear than the leading disposable underpant. For a free sample, go to underjams.com

The Secret to Better Grades

These five strategies—gleaned from spelling bee stars, science fair champions, and others—can help any child excel **By Marcy Lovitch**

When you see the latest spelling bee champ crowned on TV, or hear about a kid earning a perfect score on the SATs, you probably assume the winner studies all day...or is just a born genius. In fact, there's usually something else at work. These kids, with their parents' help, have unlocked the secrets to being super-motivated students. They *like* to study, they like to achieve—and they know how to get results. Here, they spill their best strategies to help your children love learning and excel in school (and their future careers).

1 Sharpen Their School Skills

High-achieving kids don't forget when term papers are due or arrive at an advanced math class without a calculator. These kids have learned good organizational skills, often thanks to their parents. And they've learned what study habits work best for them.

Having—and using—a planner is one habit most high achievers swear by. Jannett Maxon buys daughter Lindsey, 17—a high school senior in Arlington, TX, who earned a perfect 2400 on her SATs—a day planner so she'd get in the habit of writing down important dates. Planners visually organize information for students, so they can see when papers are due, when tests will be taken, and when, say, recitals are scheduled. "When you've got things coming at you from all directions, you've got to keep one calendar," says Jannett.

Harnessing your family computer can also help. Bonny Jain, 15, of Moline, IL, won the National Geographic Bee in 2006, and prepped for it with Excel spreadsheets he created with his parents. "We asked him his goals and what he wanted to accomplish each month," says his father, Rohit Jain. Since there were so many categories to cover for the Bee, such as history, current events, and natural resources, Bonny had to estimate how much time he could devote to it while not letting his schoolwork slide. With the help of his spreadsheets, Bonny was able to figure out how many hours he could allot for each category and create a schedule/study guide to steer his efforts. →

55% of teens IM while researching homework online

Photograph by Radius Images/Alamy

Could Your Kid Be a Whiz?

If your child dazzles you with her intellectual efforts, you might want to see if she qualifies for one of America's top talent-search programs. Four major U.S. universities offer these testing and enrichment programs. They help millions of kids—from kindergarten through 12th grade—determine how advanced their abilities really are, and they provide kids with resources such as online classes and academic-year and summer enrichment and acceleration programs. There are fees associated with most services, but financial aid is available. For more information, log on to whichever of the following Web sites covers the region in which you live:

Duke University Talent Identification Program, tip.duke.edu
Programs available in AL, AR, FL, GA, IA, KS, KY, LA, MO, MS, NE, NC, OK, SC, TN, and TX

Johns Hopkins University Center for Talented Youth, cty.jhu.edu
Programs available in AK, AZ, CA, CT, DE, DC, HI, MA, MD, ME, NH, NJ, NY, OR, PA, RI, VA, VT, WA, and WV

Northwestern University Center for Talent Development, ctd.northwestern.edu
Programs available in IL, IN, MI, MN, ND, OH, SD, and WI

University of Denver Center for Innovative and Talented Youth, du.edu/city
Programs available in CO, ID, MT, NM, NV, UT, and WY

And when it comes time to actually study, consider how your child learns best, and tap into that. "Children learn in different ways," says Paul J. Donahue, Ph.D., director of Child Development Associates in Scarsdale, NY, and author of *Parenting Without Fear: Letting Go of Worry and Focusing on What Matters*. "Some benefit from oral repetition and quizzing, while others are more visual learners and better at writing out their answers or studying from notes or textbooks." Josephine Kao, 13, of Roseville, CA, has competed in the Scripps National Spelling Bee three times, and takes a low-tech approach with her parents' help. "My dad puts Post-its with hard words all over the house, so I'll be walking by the fridge and see one there," she says. "The spellings tend to stick in my head that way." If you know your child retains information better when he says it out loud, follow the lead of Erica Remer of Beachwood, OH, whose son Scott, 14, tied for fourth place in this year's Scripps National Spelling Bee. When Scott practiced for a spelling bee, he and his mother power walked, spelling out loud as they got fresh air and exercise. Unconventional, for sure, but it worked for them.

2 Teach Them to Tune In

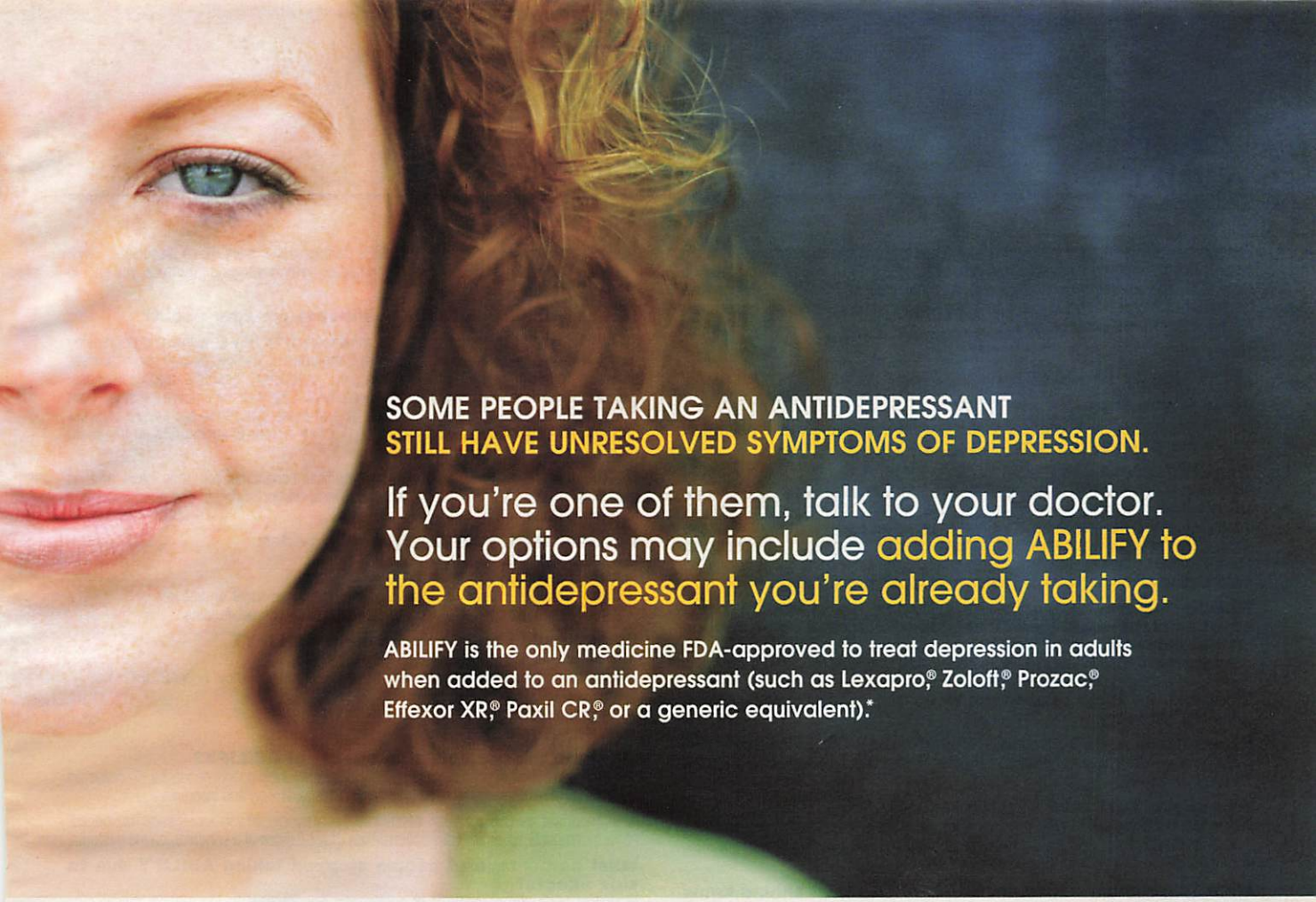
Do homework in front of the TV? No way, say high-achieving kids. John and Danny Berg, both honor students in Western Springs, IL, follow this homework drill: Turn off the TV and their cell phones, pop out their iPod earplugs, and focus. "One of the most important things you can give your kids is their own space that is neat and quiet," says their mother, Cathy Berg. "With all the technology in their lives these days, their environment is so noisy that I make sure they get a chance to concentrate when it comes to school." Today, at 18 and 12, John and Danny both "unplug" themselves before hitting the books with no prodding from Mom.

Parents who enforce distraction-free work are on to something. Spending too much time watching TV diminishes kids' ability to learn, their academic success, and even their chances of graduating from college, suggest three recent studies. And a healthy diet, plenty of sleep, daily exercise, and a home free of parental or sibling squabbling correlate to better memory retention and higher grades at school. "Having the proper learning environment for your child is crucial," says Carol S. Dweck, Ph.D., a psychology professor at Stanford University and author of *Mindset: The New Psychology of Success*. "If kids are texting or their siblings are talking to them, they're not devoting their full attention to learning, so they learn less. When kids know this, they're more motivated; they think, Uh-oh, if I'm not in a quiet place, I won't learn as well."

3 Set an A+ Example

The values you communicate—perhaps unconsciously—can have an impact on your child's academic achievement. It can be as important as the books he reads and the tests he takes, says Linda Baker, Ph.D., chair and professor of psychology at the University of Maryland, Baltimore County. "Don't make homework seem like an aversive experience," says Baker. "If you say, 'Let's get your homework out of the way so you can play,' or 'If you finish this chapter, →

Photograph by Junko Yokoyama/Getty Images



SOME PEOPLE TAKING AN ANTIDEPRESSANT STILL HAVE UNRESOLVED SYMPTOMS OF DEPRESSION.

If you're one of them, talk to your doctor. Your options may include adding ABILIFY to the antidepressant you're already taking.

ABILIFY is the only medicine FDA-approved to treat depression in adults when added to an antidepressant (such as Lexapro,® Zoloft,® Prozac,® Effexor XR,® Paxil CR,® or a generic equivalent).*

IMPORTANT SAFETY INFORMATION:

Elderly patients with dementia-related psychosis (eg, an inability to perform daily activities due to increased memory loss) taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for treating these patients.

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression.

- Alert your doctor if you develop very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure, as these may be signs of a rare but potentially fatal condition called neuroleptic malignant syndrome (NMS)
- If you develop abnormal or uncontrollable facial movements, notify your doctor, as these may be signs of tardive dyskinesia (TD), which could become permanent
- If you have diabetes or have risk factors or symptoms of diabetes, your blood sugar should be monitored. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- Other risks may include lightheadedness upon standing, seizures, trouble swallowing, or impairment in judgment or motor skills. Until you know how ABILIFY affects you, you should not drive or operate machinery

The common side effects in adults in clinical trials (≥10%) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

ADD-ON TREATMENT FOR UNRESOLVED SYMPTOMS OF DEPRESSION IN ADULTS

ABILIFY®
(aripiprazole)
2 mg, 5 mg Tablet

www.abilify.com

If you or someone you know needs help paying for medicine, call 1-888-4PPA-NOW (1-888-477-2669). Or go to www.pparx.org

Partnership for Prescription Assistance

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the Important Information about ABILIFY on the adjacent page.

*Lexapro® (escitalopram oxalate), Zoloft® (sertraline HCl), Prozac® (fluoxetine hydrochloride), Effexor XR® (venlafaxine HCl), Paxil CR® (paroxetine HCl) are trademarks of their respective companies.

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ABILIFY®
(aripiprazole)
2, 5, 10, 15, 20, 30 mg Tablets

IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and does not take the place of discussions with your healthcare professional about your treatment. Please read this important information before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

Name

ABILIFY® (a-BIL-i-fi) (aripiprazole) (air-i-PIP-ra-zall)

What is ABILIFY?

ABILIFY (aripiprazole) is a prescription medicine used as an add-on treatment to antidepressants for Major Depressive Disorder in adults.

What is depression?

Depression is a common but serious medical condition. Symptoms may include sadness, loss of interest in activities you once enjoyed, loss of energy, difficulty concentrating or making decisions, feelings of worthlessness or excessive guilt, insomnia or excessive sleep, a change in appetite causing weight loss or gain, or thoughts of death or suicide. These could be depression symptoms if they interfere with daily life at home, at work, or with friends and last most of the day, nearly every day for at least 2 weeks.

What is the most important information that I should know about antidepressant medicines, depression, and other serious mental illnesses?

- Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults
- Depression and serious mental illnesses are the most important causes of suicidal thoughts and actions

For more information, see the Prescribing Information and the Medication Guide called *Antidepressant Medicines, Depression and Other Serious Mental Illnesses, and Suicidal Thoughts or Actions.*

Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Antidepressants may increase suicidal thoughts or behaviors in some children, teenagers, and young adults, especially within the first few months of treatment or when the dose is changed. Depression and other serious mental illnesses are themselves associated with an increase in the risk of suicide. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Such symptoms should be reported to the patient's healthcare professional right away, especially if they are severe or occur suddenly. ABILIFY is not approved for use in pediatric patients with depression.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

Stroke or ministroke in elderly patients with dementia: An increased risk of stroke and ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY is not approved for treating patients with dementia.

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure may be signs of NMS, a rare but serious side effect that could be fatal.

Tardive dyskinesia (TD): Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Suicidal thoughts: If you have suicidal thoughts, you should tell your healthcare professional right away.

Dysphagia: Medicines like ABILIFY (aripiprazole) have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional

What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Tell your healthcare provider about any medical conditions you may have and all medicines that you are taking or plan to take, including prescription and nonprescription (over-the-counter) medicines.

Be sure to tell your healthcare provider:

- If you have suicidal thoughts
- If you or anyone in your family have or had seizures
- If you or anyone in your family have or had high blood sugar or diabetes
- If you are pregnant, plan to become pregnant, or are breast-feeding

What should I avoid when taking ABILIFY?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

What are the possible side effects of ABILIFY?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia.

It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

What percentage of people stopped taking ABILIFY due to side effects?

In clinical trials, the percentage of adults who discontinued taking ABILIFY due to side effects was ABILIFY (6%) and for patients treated with sugar pill (2%).

Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

General advice about ABILIFY:

- ABILIFY is usually taken once a day, with or without food
- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that **ABILIFY Oral Solution contains sugar**
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), **ABILIFY DISCMELT® contains phenylalanine**
- If you have additional questions, talk to your healthcare professional

Find out more about ABILIFY:

Additional information can be found at **www.abilify.com**

* NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 05/08 1239550A2.

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Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.
Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by
Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.
Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA.
Marketed by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.
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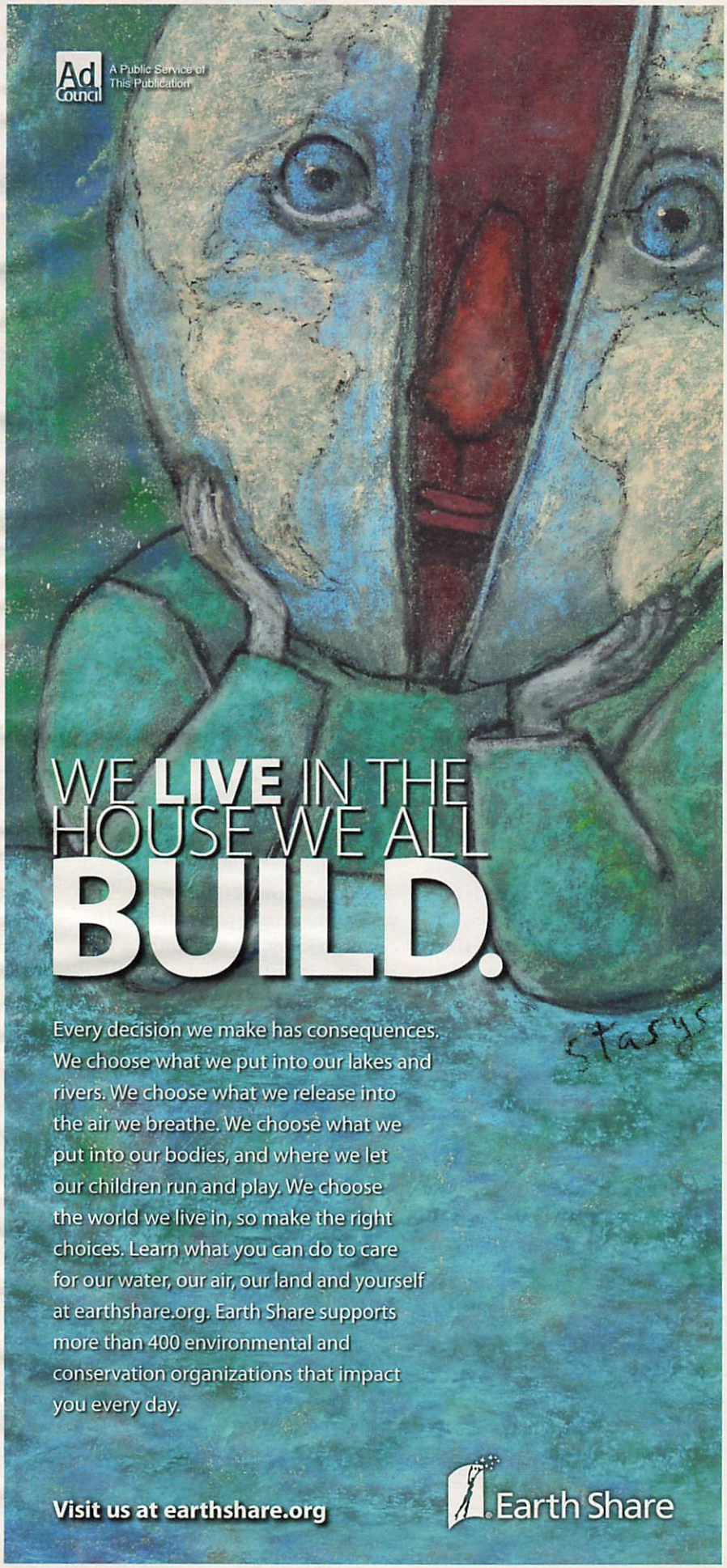
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you can have dessert,' they'll see academics as a negative experience."

Instead, value their schoolwork. Don't present it as a chore but as an endeavor that sparks your curiosity. Chat about their school projects and your work projects. "Play word games like Scrabble, Upwords, and Scattergories to build your child's skills. And Monopoly gets kids counting and helps with math," says Baker.

Also, don't put undue pressure on your child to spend free time, say, working on his algebra or reading only the classics. Be sure to encourage the lighter side of learning, too. Play educational games or do jigsaw puzzles as a family. And give your child freedom of choice when it comes to his leisure reading. When kids are doing something they enjoy, they retain more information, studies show. Says Lindsey Maxon, the SAT perfect-scorer: "My younger brother learned the word 'quiche' from a comic book—it helped him win his school's spelling bee!" And here's how mom Erica Remer puts it: "*Calvin and Hobbes* may not be what I'd pick out for my kids, but it's better than reading nothing, and sometimes it's OK to just read for fun."

4 Unstuff Your Child's Schedule

While parents want to encourage their kids' academic achievements, a child's sense of worth shouldn't ride on his report card. Make sure he has some chill-out time, says Donahue. "Kids ages pre-K to 11 should have at least two days a week without anything scheduled, so they can de-stress and use their imagination," he says. "These are critical aspects of childhood, and such moments can't be recaptured."

Downtime can even create its own eureka moments. Graham Van Schaik, an 18-year-old college freshman at MIT, says playing outside while growing up in Columbia, SC, made him interested in the outdoors, from constructing backyard forts out of cardboard boxes to wondering how antibiotics given to cows affect the purity of their manure. His natural love for science led him to earn the second-place prize in this year's Intel Science Talent Search, one of the world's most prestigious science competitions.

Experts caution that, as kids get older, carving out free time gets harder, especially if the child is on a sports team or two and/or plays an instrument. But here's a tip: Have family dinners as often as possible. Studies have shown that they deliver a variety of academic and health benefits for adolescents.

> "If kids are texting or their siblings are talking to them, they're not devoting their full attention and they learn less"

5 Praise Effort, Not Intellect

Sure, when your child does well on a project or a test, it's tempting to say, "Look how smart you are!" Indeed, surveys say that 85 percent of Americans think telling kids they're smart is good parenting. But the experts say it's much better to acknowledge how hard your child worked. Dweck conducted research that revealed that praising kids' intelligence rather than their efforts can make them fear mistakes. They may shun future challenges to avoid messing up and looking "dumb." Shifting the focus from labels ("you're a genius") to the thrill of meeting a challenge ("you worked really hard on that") can help give them the freedom they need in order to excel. "Many students think trying hard is only for the inept. Yet sustained effort over time is the key to achievement," Dweck says.

This same principle can be applied when your child is really struggling with a tough topic; parents should let children know they're doing a terrific job within their own capabilities. Says Erica Remer, mother of top speller Scott: "Kids need to learn that just because they're doing something challenging doesn't mean they should give it up immediately." So reward hard work and earnest effort with the same praise, "Good job!" stickers, and the other reinforcements you'd dole out for a stellar report card.

Isha Jain, 17, a Siemens Competition in Math, Science and Technology winner this year, says she 's so self-motivated because her parents taught her that hard work is its own reward. "That'll definitely help me in the future, because real life isn't based on getting a 4.0," she says, summing it up nicely. "It's the attitude that counts." ■

Click Here Fuel up your child's brain (and stomach!) with 30 ideas for healthy school lunches at goodhousekeeping.com/lunch

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Most cat foods contain ingredients like animal by-products or corn gluten.

BLUE™ Spa Select,™ on the other hand, uses the **finest natural ingredients** — the kinds of things you would have on your own shopping list. Plus, only BLUE contains LifeSource® Bits, a precise blend of antioxidants, vitamins and minerals selected by holistic veterinarians and animal nutritionists.

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Bagel Bites®

- Real Cheese
- 7g of Protein
- 0g Trans Fat per serving

We bet you didn't know Bagel Bites snacks have zero trans fat. And compared to Totino's* Pizza Rolls, Bagel Bites have 30% less total fat. Looks like your snack choice just got a bit easier.

Better for them. Better for you.

	Calories	Fat(g)	Trans Fat(g)
Bagel Bites®	210	7	0
Totino's® Pizza Rolls	210	10	1.5

†Per serving. *Comparison based on 1 serving Bagel Bites cheese and pepperoni, and 1 serving of Totino's pepperoni pizza rolls. Nutritional information for Totino's found on www.generalmills.com.

Readers' Tips for a Shoestring Budget

If you're looking to save money—and who isn't?—take some tips from *Good Housekeeping* readers. We asked them what they and their families have been doing to watch their pennies lately. Here are their easy, unexpected ways to beat the high-price blues on everything from food to electricity **By Jeff Wuorio**

1 Slash your utility bills

"We don't make cell phone calls until after 7 P.M., when rates drop, unless it's an emergency. Every cell phone plan is different, so you'll want to check with your service provider to see if you can get similar discounts."
Marie Powers, Amherst, NY

"We installed a clothesline and use it to dry everything but our permanent-press items."
Laurie Letourneau, Heath, OH

"We participate in our utility's plan where **we save a lot of money just by using major appliances in off-peak hours.** Last month's savings totaled $90."
Elizabeth Schneider, Phoenix

"We switched to a tankless water heater. It heats only on demand and really lets us save money on the monthly electric bill."
Joan O'Shea, Bradenton, FL

Good Housekeeping *adds: If you need to replace your hot water tank, you may be able to recoup the initial extra cost of a tankless version through energy savings in five to 15 years.*

2 Shop smarter

"I save money online with promotional codes. Google the name of the store followed by 'promotional code.' You can find a lot of discounts this way."
Mary Ellen Munoz, Battle Creek, MI

"We plan appliance purchases to buy them at a reduced price at a store that's charging no interest for a year. We divide the cost by 12 and pay for it before interest is added in."
Brenda Henson Locklear, Wilmington, NC

Photographs by PHILIP FRIEDMAN/STUDIO D

3 Eat well for less

"One trick I swear by is **using the Peapod online grocery-delivery service** (peapod.com). I can see exactly what I have in my cart before checking out, so I'm able to plan meals and snacks better. Plus, I can use coupons with Peapod. Not only does this service save me money, but my time is spent with my family and not in the grocery store."
Ashley Harper, McLean, VA

"We've gone vegetarian! The kids have become involved in picking out fun, meatless recipes for our family. We have saved a ton of money this way and are now much healthier and full of energy!"
Laura Ryan, West Grove, PA

"I try to remember to **fill my travel mug with tap water** instead of buying bottled water at the supermarket—less plastic used, also!"
Kate Pryor, Twin Lakes, WI

"Many restaurants allow customers of all ages to order from the kids' menus. The portions are a bit smaller, and the meals are much less expensive than from the regular menu. I'm satisfied with the reduced portions and am pleased with the cheaper price! This way, I can continue to eat out as often as I like without destroying my budget."
Patrice Pearce, Rocky Mount, NC

"I'm using my slow cooker a lot more these days to make many meals with cheaper cuts of meat. And using the slow cooker also helps keep me from spending too much money on takeout food."
Melodie Stickrath, Aurora, CO

"We switched grocery chains and now save approximately 20 percent each week."
Kelly, Fort Lauderdale, FL

"I use a Community Supported Agriculture (CSA) program that delivers organic vegetables right to my door."
Susanne Gaddis, Chapel Hill, NC

Good Housekeeping *adds: To find a CSA program near you, go to localharvest.org and search for one by zip code. Savings can be substantial. For instance, $300 can buy $350 worth of farm produce over a 20-week period.*

4 Entertain for a song

"I bought a state-park pass to use this summer. We were able to visit a different park each week or, on a moment's notice, head to the closest beach."
Loren Ellis, Chittenango, NY

Good Housekeeping *adds: Check online at usparks.about.com to see if your state offers discounted passes for its parks.*

"My husband and I canceled our cable TV service, saving $70 a month. The shows we love are online on the networks' Web sites."
Deanna Sarkar, Dallas

"To attend a wedding in Chicago, our family of six booked tickets on megabus.com, which operates throughout the Midwest and parts of the Northeast. It cost us around $100 round-trip from Indianapolis. We liked the bus so much, we already booked another trip on it."
Mary Anne Hoffman, Indianapolis

Good Housekeeping *adds: In addition to megabus.com, Greyhound offers low rates for bus riders across the country.*

5 Cut health-care costs

"I fill prescriptions where the pharmacy or chain store is offering a free gift card; stores have them all over the country. I accumulate enough money in gift cards to go on a spending spree, so I don't have to use my own money to shop."
Helen Smith-Tyler, Lithonia, GA

SAVE WITH GH Want to save even more? The **Good Housekeeping Rewards** program (goodhousekeepingrewards.com) lets you earn up to 20 percent in cash-back rewards at more than 200 online merchants. You receive these benefits when you shop through our Web site, goodhousekeeping.com. Once you earn at least $20 in cash-back rewards, you'll receive either a check or a prepaid MasterCard loaded with your rewards.

BIB OPTIONAL.

Kids will be kids. Fortunately, the Kenmore Elite® HE5T® comes with SteamCare™ Technology. The washer virtually eliminates the need to pre-treat stains, has a whitest whites cycle and sanitizes 99.9% of certain bacteria. The dryer relaxes wrinkles and removes odors in just 15 minutes. Clothes aren't clean until they're Kenmore® steam clean. To discover more, visit* kenmore.com

** Pre-treat elimination based on 5 stains tested on heavy-duty cycle with Steam Treat option. Bacteria removal is NSF certified.*

Kenmore ELITE

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RINSE AT YOUR OWN RISK.

Reduce germs with disposable Dixie bath cups.

makeitadixieday.com

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Making the Most of Credit Card Rewards

Find the right match for you **By Robert Trebilcock**

CARDS WITH GOOD DEALS

Capital One No Hassle Cash Rewards
capitalone.com

Chase Freedom Visa
chasefreedomnow.com

Good Housekeeping Rewards
goodhousekeepingrewards.com

Citi PremierPass MasterCard
citicards.com

Discover Open Road
discovercard.com

BankAmericard Rewards Visa
bankofamerica.com

Today's credit card rewards programs pay cash to help you pursue all kinds of goals, from buying a car to cleaning up the environment. Curtis Arnold of cardratings.com, a credit card information site, says, "If you do your homework, you may be able to earn back $200 to $400 a year." Here, the scoop on some popular rewards programs:

CASH BACK

Best for people who want a simple way to earn money on everyday purchases

Cards to consider Capital One No Hassle Cash Rewards pays 1 percent cash back on any purchase. You can collect it as a check, a credit to your statement, or a gift card. Good Housekeeping Rewards lets you earn cash-back rewards of up to 20 percent at over 200 online merchants; you can get the money on a prepaid MasterCard debit card. Chase Freedom Visa offers 3 percent back on purchases in categories you spend most on.

AIR MILES

Best for frequent fliers who charge often

Card to consider Citi's PremierPass MasterCard gives you a point for every dollar that you spend and another for every three miles you fly. Plus, you can score points whenever you buy a plane ticket for a friend or a family member.

GASOLINE

Best for commuters and soccer moms

Card to consider Discover Open Road, because this card pays back 5 percent on the first $100 that you spend each month on things like gasoline, car washes, and other automobile-maintenance purchases.

BANK CUSTOMERS

Best for those who want a card at the same bank where they have an account or loan

Card to consider BankAmericard Rewards Visa, which pays cardholders who are Bank of America customers .25 extra points for every dollar spent. Keep your account at Bank of America throughout the year and you'll get a bonus worth 25 percent of your points. Customers can redeem their Bank of America points for travel, merchandise, gift cards, charitable donations, or cash. ■

DUE DILIGENCE Don't apply until you read the fine print, often on the card's Web site. Since interest rates on this kind of plastic are usually a little higher, you might carry a lower-rate card for when you'll be paying over several months and a rewards card for when you'll pay in full. Find out if you must exceed a spending threshold to get points. And be sure the card doesn't exclude or limit rewards at your favorite stores.

Photograph by PHILIP FRIEDMAN/STUDIO D

advertisement

november stylekeepers

Your guide to looking good—all year long!

win

Lee Jeans

Lee Jeans knows that women want comfortable and stylish jeans that fit! Our Fall collection offers a variety of fits, all in premium stretch denim in fashion washes. Get What Fits! Visit GHSeal.com to enter Lee Jean's, "New You, New Lee" sweepstakes for a chance to win a beauty and wardrobe makeover!

New You, New Lee Sweepstakes: No purchase necessary to enter or win the New You, New Lee Sweepstakes. Sponsored by Hearst Communications, Inc. To enter, visit ghseal.com The sweepstakes starts 10/14/08 at 12:01 AM (ET) and runs through 12/31/08 at 11:59 PM (ET). Odds of winning will depend upon the total number of eligible entries received. Must be a legal resident of the 48 contiguous United States and the District of Columbia who has reached the age of majority in their state of residence at time of entry. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at ghseal.com

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Discover beautifully even-toned skin with NIVEA NATURAL TONE moisturizer. And visit **www.NIVEAusa.com/naturaltone** for a chance to win tickets to see Janet Jackson on her Fall '08 Rock Witchu concert tour.

Make a Beautiful Difference, Together

With each purchase of Crème Lipstick in Apple Berry, Mary Kay will donate 100 percent of its profits from the sale to change the lives of women and children around the world. **www.marykay.com.**

Flexible, Fun, Fashionable Cotton Stretch from Fruit of the Loom®.

Cotton with a touch of spandex in thongs, boy shorts, bikinis, hi-cuts, tanks, and bras. Available in various colors and patterns at mass retailers nationwide.

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Log on to **30daysofbeauty.com** every day for your chance to win fabulous prizes in our daily giveaway sweepstakes! Plus, find out how to get an exclusive free gift with your purchase of select products. See website for details.

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Gifts are available while supplies last.
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Sweepstakes starts 10/1/08 and ends 10/31/08.

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Details Bath & Body– Exclusively at Walgreens

This new collection rejuvenates body and spirit with antioxidants, aloe vera and vitamins. Experience all six scents at Walgreens or visit **www.detailsbathandbody.com.**

Smart Holiday Savings

The best strategies for savoring the season—from gifts to parties to good food—without blowing your budget

WHAT'S INSIDE

- **Shopping Savvy** Stretch your holiday-gift dollars further
- **How to Afford Big-Ticket Gifts** The real secrets to spending less
- **House Party** Big fun for the kids, for next to no cash
- **Pretty Place Cards** High-style, low-cost ways to say welcome
- **Thrifty Trimmings** Make your home merry with items you have on hand
- **Glam It Up** Look party-perfect for mere pennies
- **Easy Holiday Brunch** Our elegant, affordable plan

Photograph by Noel Hendrickson/Getty Images

DAWN

New Dawn® Plus Hand Renewal™ goes beyond dishwashing to actually improve the look and feel of your hands in just five uses. Treat your hands to new Dawn® Plus Hand Renewal.™ For more information please visit us at **dawn-dish.com**.

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Clean up after the holidays with The Boss Capture. It reaches up high with an extendable, self-cleaning duster and along walls with Dual-Powered Edge Kleeners™. The special ARM & HAMMER® HEPA filter even eliminates odors. Find out more at **eureka.com**.

BISSELL PROdry™ FAST DRYING CARPET CLEANER

Revitalizes carpet and area rugs and leaves them dry in less than 30 minutes, leaving you more time for the things you enjoy. The PROdry features a ready-to-use hose that cleans stairs, upholstery, and stains with the flip of a switch. Visit us at **bissell.com**.

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Dirt Devil® introduces the first ENERGY STAR®– approved cordless hand vac. AccuCharge™ Technology lets you clean with a conscience. 2x faster charges. 70% less energy used. Better performance between charges. Also available as a stick vac. Learn more at **dirtdevil.com/accucharge**.

Shopping Savvy

How to get the best deals on your holiday presents—in stores and online By Alice Garbarini Hurley

It's pretty obvious: With money so tight these days, retailers are vying for your gift-giving business, offering plenty of bargains in stores and online. But there are many other sneaky ways to save even more. For example:

HIT STORES AFTER DARK The National Retail Federation says you may score serious savings by shopping after 6 P.M. the night before an advertised sale. That's because many store managers program their cash registers that evening; Pottery Barn did it last holiday season, for instance. If you're in any store after 6 on the night prior to a big sale, ask whether you can get tomorrow's discount tonight. Or call ahead before you make a special trip.

GET YOUR JUST REWARDS At some stores this season, spending over a certain amount qualifies you for a free gift card. For example, plunk down $50 at Godiva, and you'll get a sweet $10 card (which you can then use between December 26, 2008, and February 6, 2009); $100 at godiva.com or in a Godiva store turns into a $25 card. Saks Fifth Avenue also runs in-store rewards specials periodically.

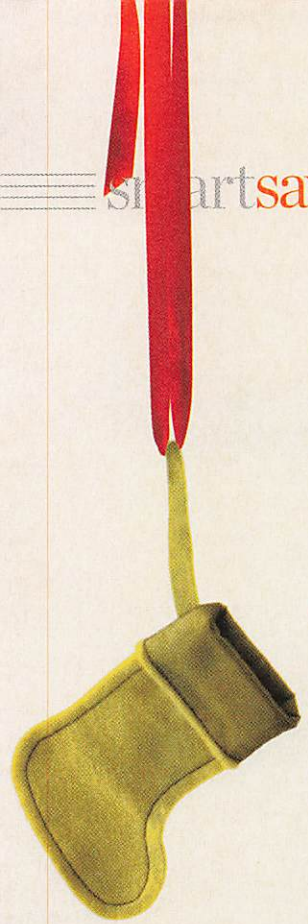
CROSS THE LINE If you live near a state border, you'll love this perk: Visit many Macy's stores in a state other than your own and show your driver's license to get a visitor's savings pass. Good for five days, this entitles you to an 11 percent discount on regular and sale merchandise (with some exceptions). →

Photographs, from top: Image Source/PunchStock; LARA ROBBY/STUDIO D.

For Next Year

It's never too early to gather goodies for future Christmases. My friends Elly, Anne, and Kim score savings on their holiday gifts by shopping all year long, especially at yard sales and thrift shops. Last summer, Elly bought two boxfuls of beautiful vintage cuff links for $25 for her husband, and Anne found her preteen daughter's dream—Burberry skirts with $100-plus price tags still on—for $12 each. Kim also loves the postholiday markdowns at redenvelope.com.

Click Here Save even more—and get up to 20% in cash-back rewards—when you join GH Rewards at goodhousekeeping.com/money



GO ONE-STOP SHOPPING Save on gas by buying several gifts at one stop—it's easier than ever now that retailers are putting stores within their stores. Macy's is opening classic FAO Schwarz toy departments in up to 275 locations, and JCPenney has Sephora boutiques for beauty items.

CLICK FOR COUPONS Web sites for brick-and-mortar stores and e-tailers will be flush with coupons and discounts to attract Web surfers. Expect to find savings as tempting as $25 off for a $75 purchase. You'll save time snagging deals by starting at sites that collect coupons, such as goodhousekeeping.com (up to 30 percent off at dozens of sites), dealnews.com, couponcabin.com, coolsavings.com, coupons.com, and retailmenot.com. However, be choosy about entering your e-mail address at these sites to get discounts. Some Web sites flood visitors' in-boxes with e-mail day after day. Before signing up for online deals, read the site's marketing policies to ensure that you won't get spammed.

SHIP FREE Since you don't have a sleigh and eight reindeer at your disposal, aim to minimize shipping fees. The Web site freeshipping.org will steer you to stores waiving charges. Although some sites won't tell you their shipping rates until checkout, qvc.com admirably posts its fees right under the picture of each item. Shopper alert: Some smaller boutiques' sites are shipping-charge magnets, billing, say, $15 to send a $25 tank top. Make sure you read the fine print.

BE A WRAP STAR Don't get stuck paying $2.99 for a roll of gift wrap. At whatshebuys.com—a site that sells items for women, men, and kids—not only is shipping free, but presents are wrapped gratis, too. Even gift cards can arrive decked out: Starbucks has a new gift-card holder every year (2008's is a red knit cozy), and a Sephora gift card comes in a slender mirrored compact. Just beware the shipping fees that can be assessed for gift cards ordered online. Bloomingdale's, for instance, charges $2 per card.

LOOK FOR HAPPY RETURNS If the gift you chose is too small, too big, or just doesn't suit the recipient, know that most sites waive shipping fees for exchanges but not returns. One exception to note: Zappos.com doesn't charge to send back shoes or clothes. Also, you can often return an item you bought online to one of the retailer's stores, saving yourself a shipping charge (but costing you the gas for the drive). A last bit of advice: You often have just 30 days to send something back for a refund, so check the packing slip. Organized types who do their shopping well in advance can wind up paying for being so well prepared.

Re-Gift With Love

It's a dirty little secret: More than half of people have re-gifted something or would in the future. While re-gifting may sound tacky—and often is—it can also be the perfect way to show someone how much he means to you. For instance, give a nephew the books you loved when you were a kid. If your sister-in-law has admired your grandmother's punch bowl, re-gift it to her as a sentimental keepsake. Says Randy Cohen, who writes "The Ethicist" column for *The New York Times Magazine:* "As long as you're giving with a full heart, and your purpose is to give joy, it's fine."

Photographs, from left: PhotoAlto/PunchStock; Gabe Palmer/Alamy.

TWININGS TEA

Twinings has a 300-year commitment to your cup of tea. Using only the finest leaves, we blend more than 50 varieties of tea. So whether you choose a classic black, soothing green, or calming herbal, you're sure to taste the difference only 300 years can make. Visit us at **twiningsusa.com**.

CAMPBELL'S® SELECT HARVEST™

Introducing new Campbell's® Select Harvest™ soups, made with delicious ingredients like farm-grown vegetables, wholesome grains, and 100% natural white-meat chicken—with no artificial flavors or MSG.* Savor the goodness. Try all 33 delicious soups, including 9 new Light soups that have 80 calories or less per serving.

* Except for the small amount naturally occurring in yeast extract in some of our soups.

TYSON

Introducing Tyson Chicken Nuggets, made with 100% all-natural ingredients. They're crispy on the outside, juicy on the inside, and guarantee a clean plate. Now, that's a gift your whole family will enjoy!

BUSH'S® BEANS

Beans, Beans, the Musical...Veggie? Rewrite the classic bean chant to reflect that beans are a vegetable, not a fruit and you could win $5,000! Gather family and friends to record a video of your new bean chant and enter the Magical Veggie Challenge at **beanchant.com** today!

EGG·LAND'S BEST

EGGLAND'S BEST: THE HEALTHY EGG FOR YOUR HOLIDAY COOKING AND BAKING

Eggland's Best Eggs...awarded the Gold Medal for Superior Taste in a triple-blind judging by professional chefs of the American Masters of Taste. They are nutritionally superior because they are higher in vitamins and omega 3 and lower in saturated fat and cholesterol than ordinary eggs. Visit **eggland.com** to learn more.

MAKE EVERY SERVING COUNT

MAKE EVERY SERVING COUNT WITH V8®

Your purchase of any V8® juice or soup will help support the V8 brand's donation of over 30 million servings of fresh vegetables to those in need through our partnership with the Feeding America National Produce Program. Learn more at **V8counts.com**.

PEPPERIDGE FARM® BAKED NATURALS

The delicious snack crackers made with real, authentic ingredients and baked to an irresistible crunch. All three unique varieties–Wheat Crisps, Snack Sticks, and Pretzel Thins–are made with no preservatives, so the delicious taste shines through. They're the perfect crispy snack to complement your favorite dips and spreads, or to just serve in a holiday bowl by themselves.

GHIRARDELLI

Bake with our deep, intense chocolate for pure pleasure in every bite. Ghirardelli Premium Baking Chocolate delivers the ultimate chocolate indulgence. We hand-select the world's finest cocoa beans and roast them to perfection, then blend the purest ingredients to achieve our award-winning chocolate. Visit **ghirardelli.com** for delicious holiday recipe ideas! Ghirardelli®–Moments of Timeless Pleasure®

How to Afford Big-Ticket Gifts

Get great deals on in-demand presents with advice from the Good Housekeeping Research Institute

The loved ones on your list may be aiming high by asking for an iPod or a digital camera, but don't panic about the price. You can play Santa without spending your last cent. The secret: Don't buy a gadget with more features than necessary, say the experts at the Good Housekeeping Research Institute. You may save 50 percent or more by choosing the *right* item—not the fully loaded version seen in all the ads.

ITEM	SHOPPING ADVICE	SAVINGS
MP3 PLAYERS	**Compare Apples and others** Sure, iPods rule this universe. But you can save big with a lesser-known brand that can work just as well. Also, if you're buying for someone with a modest music library, don't splurge for memory he won't need; buy a version that holds several hundred, not several thousand, songs. And when a new MP3 player is introduced, buy last year's model. It will likely be just as good, minus a feature or two.	A Creative Lab Zen MP3 player that holds about 500 songs is $40, versus the comparable 2GB iPod Shuffle for $69.
DIGITAL CAMERAS	**Don't pay for megapixels** Pixels measure a camera's resolution capability, or how detailed its images will be. The more of them that a digital camera has, the more it will cost you. If the camera is for someone who will print pictures no bigger than 8" by 10", a four- to six-megapixel version will more than satisfy quality-wise, says Todd Kent, GHRI senior test engineer.	You'll spend about $80 to $100 for a four- to six-megapixel camera, versus $200 to $600 for 10- to 12-megapixel ones.
CAMCORDERS	**Know your definitions** If you're shopping for a digital camcorder, only get a pricey high-definition one if you know that the recipient has a high-def TV (HDTV). Otherwise, you'll be paying extra for an ultra-detailed video that won't be seen in all its glory.	Standard camcorders run $450 or so, versus $800 to $1,400 for high-def versions.
LAPTOP COMPUTERS	**Configure it out** No point paying up for dazzling video game–graphic capabilities if the user will just be surfing the Net, e-mailing, and word processing. For an everyday-use laptop, get one to two GB of memory, a 14.1-inch display or larger, and an AMD Turion 64 or Intel Centrino 2 processor (the brains of the machine).	Pay $400 and you can get a good, basic laptop, versus roughly $3,300 for a souped-up version.
DVD PLAYERS	**Chase the Blu away** "Unless you're buying a DVD player for someone with an HDTV, don't spring for Blu-ray," says GHRI technical & engineering director Stacy Genovese. DVDs won't show the sharp Blu-ray quality without an HD set. And not all DVDs are made in Blu-ray yet.	A simple DVD player costs only $50, versus $400 to $600 for a Blu-ray machine.
COFFEE-MAKERS	**Pass on bean grinders** Machines that grind beans to brew java can cost twice as much as excellent, programmable drip models—like the $30 Mr. Coffee SKX23 12-cup model—that don't.	12-cup programmable brewers sell for $30 to $80, versus grind-and-brews for about $130.

House Party

Kids will love making festive gingerbread buildings out of store-bought treats. Even better? You don't have to bake a thing!

Whip up some icing, cover your largest table with a plastic cloth, set out cookies and colorful candies, and let little architects construct their holiday dream homes

Little Cookie Houses

What you'll need:

- Assorted large crackers and cookies (such as Wasa Crisps and Social Teas) for building, plus sugar wafers and round scalloped butter cookies for decorating
- 1 batch Ornamental Frosting (*below*) or 1 can (16 oz.) ready-to-use decorator icing,* clean artist's brushes or butter knives
- Assorted edible decorations and colorful candies, such as pretzels, ice cream cones, and gumdrops (turn the page for more ideas)

1. **Assemble houses** or other structures from large crackers or cookies, attaching pieces with Ornamental Frosting. (Frosting recipe makes 3 cups; you may need more or less, depending on how houses are decorated.) Spread frosting on cookie edges; hold edges together (or prop up carefully with heavy cans) for a few minutes until set.

2. **Decorate as desired.** For a log cabin, ice outer walls and attach pretzel sticks. For a church, make steeple from iced sugar wafers, and with pretzel cross on top; construct doors from sugar wafers trimmed at top with knife. Decorate roofs with assorted candies. For Necco-wafer shingles, spread frosting generously on roof. Starting at bottom of roof, arrange wafers so they overlap slightly. Use upside-down ice cream cones for castle turrets: Spread with frosting and sprinkle with multicolored nonpareils. Attach all decorations with Ornamental Frosting.

Ornamental Frosting

1 box (16 oz.) confectioners' sugar
3 Tbsp. meringue powder (not powdered egg whites)
⅓ c. warm water

In bowl, with mixer on medium speed, beat all ingredients until mixture is so stiff that knife drawn through it leaves a clean-cut path, about 5 minutes. (Thin frosting with warm water, if necessary, to obtain spreading consistency.) Makes 3 cups.

*Hard-drying decorator icing is available from 800-794-5866 or wilton.com

Photographs, from top: ALAN RICHARDSON; Digital Vision/Punchstock (veggies).

EASY EATS

Food for the Crew

No doubt your budding Bob the Builders are going to work up an appetite. But you don't want them devouring all of the pretzel-stick "cabin logs" and M&M "doorknobs" before the houses are built. To make sure they have healthy and yummy foods to nibble (and don't overdose on sugar), serve up a simple, tasty menu like this one. For these and other kid-friendly party-food recipes, go to goodhousekeeping.com/kidsparty.

TOMATO SOUP You can't go wrong with this classic soup. Use your favorite premade brand, or for a kid-friendly, homemade recipe, cook up our 5-Ingredient Alphabet Soup. Bonus: You'll be slipping in some nutrition—vitamin C, vitamin A, and very little fat.

GRILLED CHEESE CUTOUTS Before you cook grilled cheese sandwiches with your preferred ingredients—whether that's American cheese and white bread or Cheddar and whole wheat—use cookie cutters to create fun shapes (think snowmen, Christmas trees, bells).

VEGGIES WITH DIP The trick to getting kids to eat their veggies? Keep them colorful and bite-size—and put out something delicious to dip them in. Pick up a jar of dip, or make our Cheesy Salsa or Peanut Butter-Ginger dips.

PASTA SALAD Children can't resist pasta—especially in fun corkscrew or wagon-wheel shapes. Mix up a big bowl of Lemony Pasta Salad with Peas.

Construction Confections

16 sweets that are perfect for cookie-house crafting

Upside-down ice cream cones

Church steeples, trees, turrets

M&M's

Doorknobs, berries on shrubs

Spearmint leaves

Bushes, Christmas trees

Marshmallows

Snow-covered bushes, snowmen

Necco Wafers

Roof tiles, windows, walkways

Tootsie Rolls

Cabin logs

Red Hots

Roofing, Christmas lights

Ladyfingers

House siding

Peppermint sticks

Joints on gabled roofs, front-porch posts

Fruit leather

Bows on wreaths, front walkways

Starlight candies

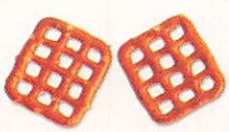
Roof trim, windows

Colored sprinkles

Lights or berries on Christmas trees

Twizzler Nibs/licorice bites

Chimney bricks



Pretzel checkerboards

Roof shingles

Coconut flakes

Snow on the ground

Cinnamon gum

Shutters, window boxes

Photographs, from top: Alan Richardson; LARA ROBBY/STUDIO D.

for the holidays

CAMPBELL'S® HEALTHY REQUEST®

Campbell's® Healthy Request® condensed Cream of Mushroom soup is 98% fat-free and has 45% less sodium than our regular product. Made with our lower-sodium natural sea salt to help make your holiday casseroles exceptionally delicious.

LAND O LAKES®

Where simple goodness begins.®

LAND O LAKES

Land O Lakes® Butter is an essential part of shared food moments and traditions across time and generations. With its rich and creamy taste, consistent quality, and all-natural ingredients,–it's no wonder it has been a trusted brand for more than 85 years. LAND O LAKES® Butter–tried and true.

[festive health & beauty]

HERSHEY'S BLISS® CHOCOLATE

"Me time." A moment of bliss in a hectic day. It's doing what makes you feel like you again. Taking a walk, reading a book, spending time with a friend, or unwrapping a piece of Hershey's Bliss chocolate. Who knew a quarter of an ounce of chocolate could change your day?

MIRALAX®

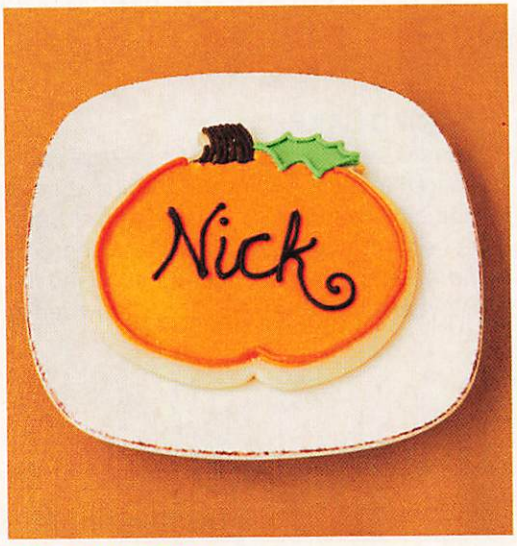
The disruption of daily routines during the holidays seems to invite seasonal constipation. When this occurs, try MiraLAX®, the #1 doctor-recommended laxative. MiraLAX works with the body to relieve constipation with no harsh side effects.

Restore your body's natural rhythm.®

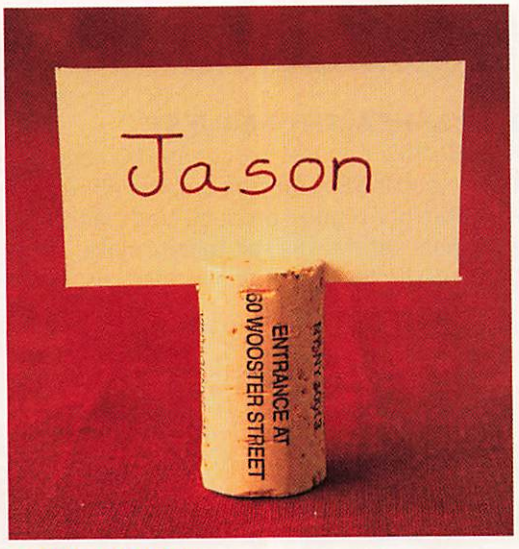
Use as directed. ©2008, Schering-Plough HealthCare Products, Inc.

Pretty Place Cards

Name cards that let guests know where to sit are a simple, savvy way to say, "I'm glad you're here"

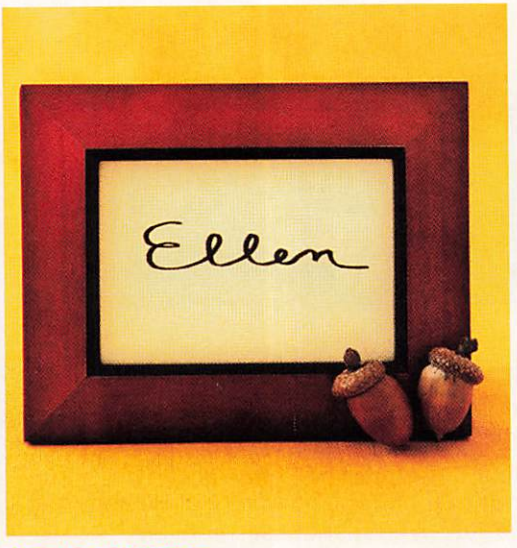


SWEET 'N' GREET
Personalize treats (and denote dinner-goers' seats) by writing names in icing on holiday-inspired cookies—whether homemade or bakery-bought



A REAL CORKER
Before the wining and dining begins, carefully slice wine corks with a sharp knife, and stick a place card into each slot. Perch at individual place settings

ASSIGNED SEAT
Wrap a pretty piece of ribbon around the back of each chair; tie it and slip on a folded card with the guest's name in your best script

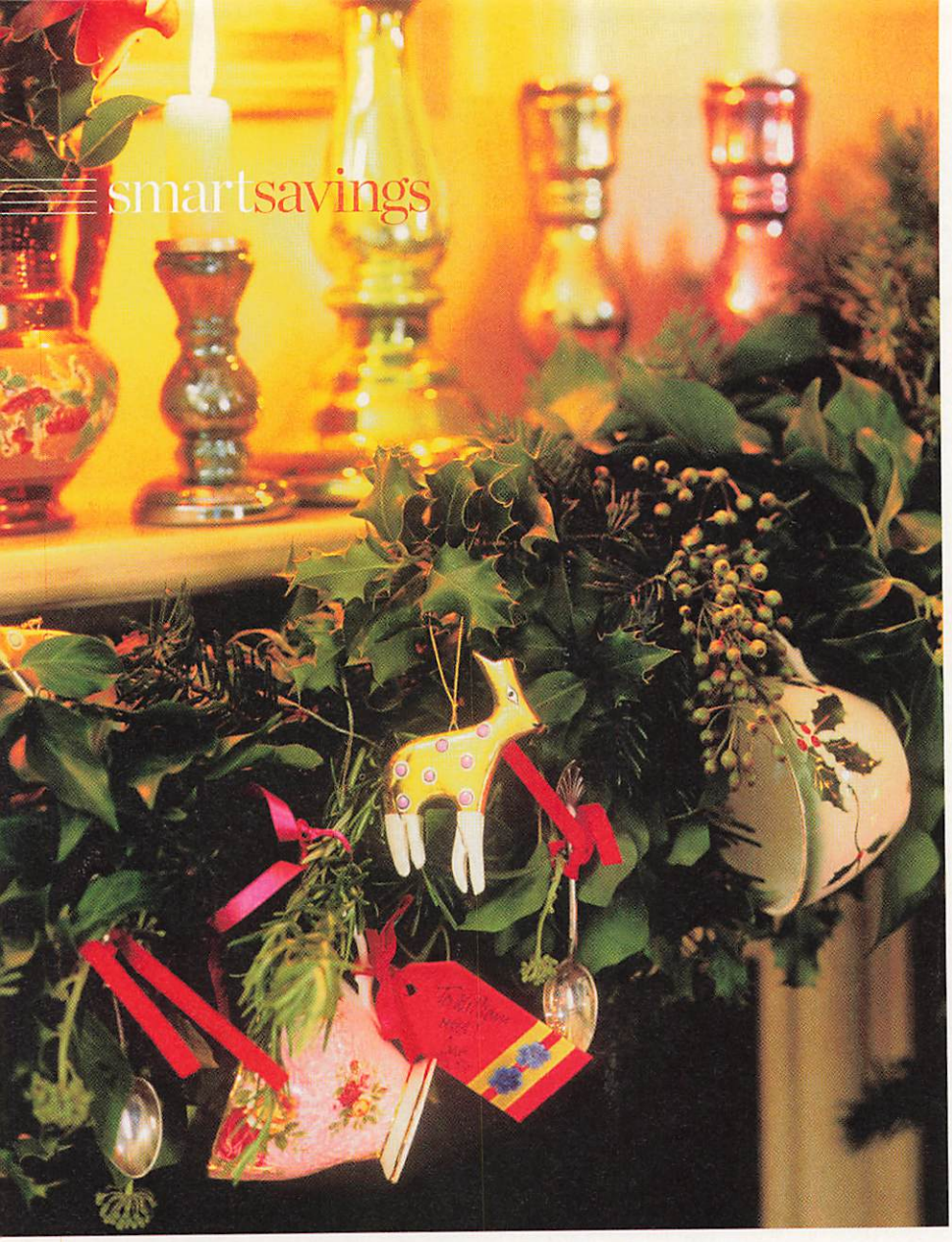


PICTURE PERFECT
Buy small photo frames, and slide in cut-to-fit slips displaying visitors' names. To finish, gather acorns (from the backyard or a crafts store) and glue on

Click Here Create a holiday table setting to complement your unique place cards at goodhousekeeping.com/thanksgiving

Photographs by PHILIP FRIEDMAN/STUDIO D, styling by Penelope Bouklas for Hailey Resources; Ideal Home/IPC + Syndication.

PLAYING TAG
Give napkins a charming twist with simple shipping tags (find them at office-supply stores) loosely tied on with twine for a rustic-meets-modern touch



POUR IT ON

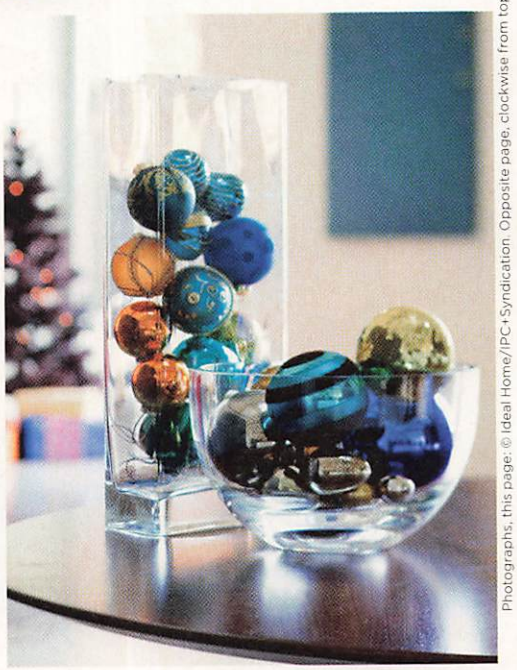
String mismatched collectibles, from old teacups and spoons to eclectic ornaments, toys, and cards, into a garland that's as unique as your family. (Plus, now's your chance to gussy up that basic faux greenery you've been holding on to.) First, hang the swag securely with nails or hooks. Then, add the trinkets, using sturdy wire ties if needed. Finish with festive ribbon.

Thrifty Trimmings

You don't need to spend a lot of dough on new holiday decorations. Instead, repurpose what you already own

Glass Act

For a simply stunning holiday display, fill otherwise unused glass vases and bowls with an array of ornaments in unexpected color combos like blue and gold or red and orange.



Photographs, this page: © Ideal Home/IPC+Syndication. Opposite page, clockwise from top left: GEMMA COMAS, produced by Karin Lidbeck-Brent (2); © Ideal Home/IPC+Syndication.

CARD CORRAL

Keep season's greetings in order: Hang an old shutter on your wall by drilling two screws into each top corner; connect with 30-pound picture-frame wire, and suspend on wall. As cards from friends and family roll in, slip them into the slats using Fun-Tak to secure them in place.

Wicker Wonderland

Turn an old hamper or a large basket into an attractive present wrangler. Festooned with a bright bow, it's an ideal way to show off gifts on the big day.

Silver Lining

Get more service out of your lesser-used silver pieces by arranging them on a mantel as part of the holiday decor. Place pretty ornaments in a goblet or a sugar dish, fill a tall julep cup with pine branches, and group candles on various silver holders for a collection that truly sparkles

FANCY FEET
Toe the party line in style with this trio of shimmering stunners: Try sleek-and-chic silver heels ($20), bow-bedecked gunmetal flats ($34) from Lela Rose, or American Eagle's dance-all-night skimmers ($23. All shoes at Payless; 877-474-6379)

TWINKLE TIPS
Dress up your nails with sparkly shades like OPI Nail Lacquer in DS Classic (*left*) and DS Coronation (*middle*; $12.50 each, salons). For subtle shimmer, try a coat of CND Enamel in Glow (*right*; $6, ulta.com) over polish or bare nails

TAKING A SHINE
Lips grab center stage with this beautiful berry hue; it looks dark but goes on sheer and shiny. L'Oréal High Intensity Pigments Jelly Balm in Luscious ($9, Wal-Mart)

REALLY ROSY
To highlight cheekbones, swirl a blush brush in Marimekko for Avon All-Over Face Palette in Poppy Bouquet ($10, avon.com)—it imparts a light-catching glow

Romancing the Stone

1. **ROCK ON** Icing's diamond-look studs are as classic and refined as the real deal ($9, icingbyclaires.com)
2. **HAND IT OVER** This outsize, attention-grabbing bauble from Forever 21 gets you in on the cocktail-ring trend without any of the financial hangovers ($5, forever21.com)
3. **GEM DANDY** For zero-fuss razzle-dazzle, just sweep your hair in an updo and slip on Alexia Crawford's dangly drop earrings ($12, 888-588-2346)

Easy Holiday Brunch

With this hostess-friendly, do-ahead menu, you can inexpensively feed a crowd

Ruby Bellinis

Total time 5 minutes
Makes 8 servings

- 1 c. cranberry-pomegranate juice
- 1 bottle (750 ml.) Prosecco or sparkling white wine, chilled

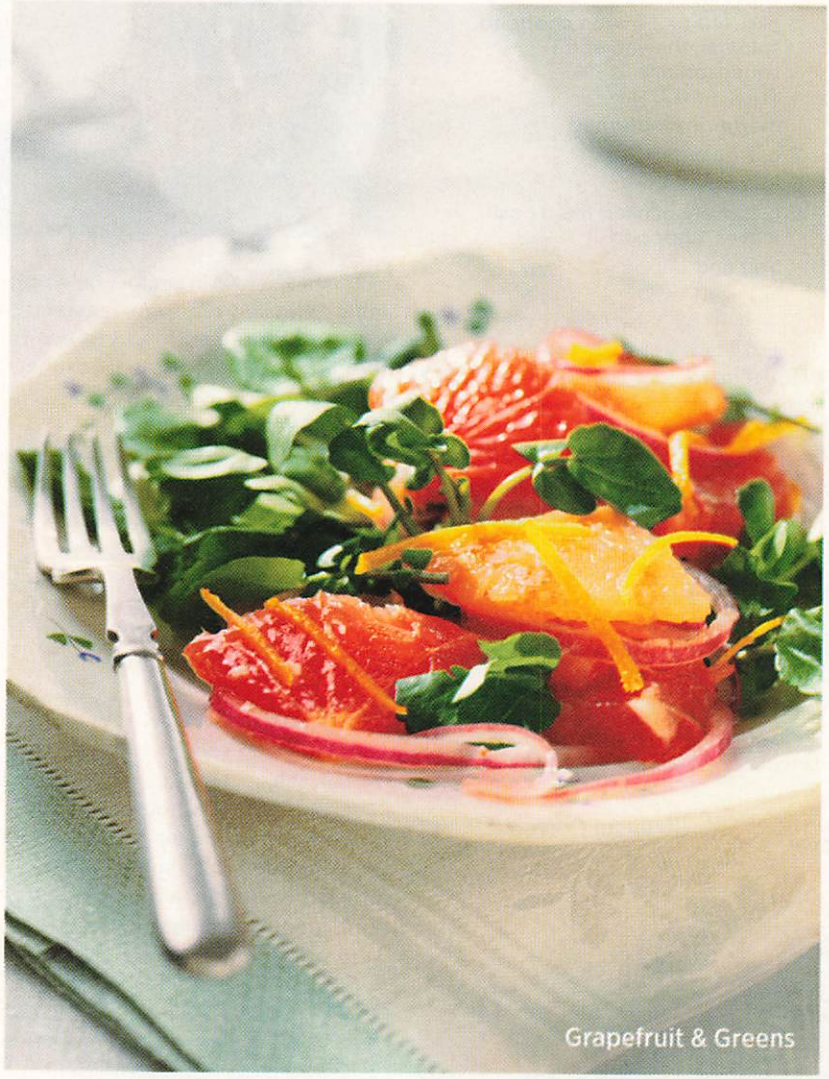
Pour 2 tablespoons juice into each of 8 Champagne flutes. Top with Prosecco.

EACH SERVING About 80 calories, 0 g protein, 6 g carbohydrate, 0 g total fat, 0 g fiber, 0 mg cholesterol, 5 mg sodium.

Grapefruit & Greens

Total time 30 minutes
Makes 6 side-dish servings

- 1 med. onion, thinly sliced into rings
- 3 lg. grapefruit
- 1 med. orange
- 1 lemon
- 1 garlic clove, crushed with press
- 1 tsp. Dijon mustard
- Salt and pepper
- ¼ c. olive oil
- 1 bunch watercress


Grapefruit & Greens

1. Place onion slices in bowl of ice water; set aside.
2. Meanwhile, remove peel and white pith from each grapefruit. Cut each grapefruit crosswise into ¼-inch-thick slices. Cut each slice into quarters, and place in large bowl.
3. Remove peel from orange in 1-inch-wide strips. Cut strips crosswise into slivers; wrap and refrigerate if serving salad later. Squeeze ¼ cup juice each from orange and lemon.
4. In small bowl, whisk orange and lemon juices, garlic, Dijon, ½ teaspoon salt, and ¼ teaspoon freshly ground black pepper. Gradually whisk in oil.
5. Drain onion slices well and place in bowl with grapefruit; drizzle with dressing. Cover; refrigerate up to 4 hours.
6. To serve, place watercress on 6 plates; top with grapefruit mixture and peel.

EACH SERVING About 150 calories, 2 g protein, 18 g carbohydrate, 10 g total fat (1 g saturated), 3 g fiber, 0 mg cholesterol, 215 mg sodium.

Photographs, opposite page: Rob Fiocca Photography/StockFood. This page: Ann Stratton.

Spinach Strata

Spinach Strata

Active time 15 minutes
Total time 1 hour 15 minutes plus chilling and standing
Makes 6 main-dish servings

- 8 slices firm white bread
- 4 oz. mozzarella cheese, shredded (1 c.)
- 1 pkg. (10 oz.) frozen chopped spinach, thawed and squeezed dry
- 1 Tbsp. butter or margarine, softened
- 2 c. whole milk
- 6 lg. eggs
- ½ c. loosely packed fresh basil leaves, chopped
- Salt and pepper

1. Grease 8" by 8" ceramic or glass baking dish. Place 4 slices bread in dish; top with ½ cup mozzarella, all spinach, then remaining mozzarella. Spread butter on 1 side of remaining bread slices; place in dish, buttered sides up, over cheese.
2. In medium bowl, whisk milk, eggs, basil, ½ teaspoon salt, and ¼ teaspoon freshly ground black pepper until blended. Slowly pour egg mixture over bread slices. Prick bread with fork and press slices down to absorb egg mixture.
3. Cover baking dish with plastic wrap, and refrigerate strata at least 30 minutes or overnight.
4. To bake, preheat oven to 350°F. Uncover dish and bake strata 1 hour or until knife inserted in center comes out clean. Remove from oven; let stand 5 minutes before serving. Serve with store-bought chicken-apple sausages.

EACH SERVING About 295 calories, 17 g protein, 23 g carbohydrate, 15 g total fat (7 g saturated), 2 g fiber, 244 mg cholesterol, 630 mg sodium.

Streusel Coffee Cake

Streusel Coffee Cake

Active time 30 minutes
Total time 1 hour 15 minutes plus cooling
Makes 16 servings

- 1½ tsp. baking powder
- 1 tsp. baking soda
- ¾ tsp. salt
- 3 c. plus 1 Tbsp. all-purpose flour
- ¾ c. chopped pecans
- ⅓ c. packed brown sugar
- 1¼ tsp. ground cinnamon
- 1½ c. granulated sugar
- ¾ c. butter or margarine (1½ sticks), softened
- 2½ tsp. vanilla extract
- 3 lg. eggs
- 1 container (16 oz.) sour cream
- 1 c. confectioners' sugar
- 4 to 6 tsp. milk

1. Preheat oven to 350°F. Grease 12-cup fluted baking pan; dust with flour.
2. On waxed paper, combine baking powder, baking soda, salt, and 3 cups flour. In small bowl, combine pecans, brown sugar, cinnamon, and remaining 1 tablespoon flour.
3. In large bowl, with mixer on medium speed, beat granulated sugar, butter, and 2 teaspoons vanilla until creamy. Beat in eggs 1 at a time. Alternately beat in flour mixture and sour cream, beginning and ending with flour mixture. Beat just until blended, occasionally scraping bowl with spatula.
4. Spread 2 cups batter in bottom of prepared pan; sprinkle with half of nut mixture. Top with 2 cups batter; gently spread with spatula to cover nut mixture, being careful not to lift nut mixture out of place. Sprinkle batter with remaining nut mixture, then spread with remaining batter.
5. Bake cake 55 to 60 minutes or until toothpick inserted in center comes out clean. Cool cake in pan on rack 10 minutes. With small spatula, loosen cake from pan. Invert cake onto rack; remove pan and cool completely. (Wrapped cake can be stored at room temperature up to 2 days.)
6. Prepare glaze: In small bowl, stir confectioners' sugar, milk, and ½ teaspoon vanilla until smooth. Transfer cake to cake plate; with spoon, drizzle glaze over cake. Let glaze set, about 15 minutes, before serving.

EACH SERVING About 410 calories, 5 g protein, 51 g carbohydrate, 21 g total fat (10 g saturated), 1 g fiber, 77 mg cholesterol, 550 mg sodium.

Photographs, from top: Ann Stratton; Frances Janisch.

for the holidays

CREST WHITENING EXPRESSIONS

Spice up your holidays with the invigorating flavors of Crest Whitening Expressions. Available in Extreme Herbal Mint, Cinnamon Rush, Vanilla Mint, and NEW Wintergreen Ice. Amaze your mouth all over again this holiday season.

OLAY DEFINITY ANTI-SPOT TREATMENT

New Olay Definity Anti-Spot treatment is an overnight precision treatment that contains Definity's most concentrated essential glucosamine complex. It hydrates hour-by-hour, layer-by-layer, to help fade the appearance of brown spots and age spots to match skin's natural, even tone. Please visit **olaydefinity.com**.

CUREL® ULTRA HEALING® INTENSIVE LOTION

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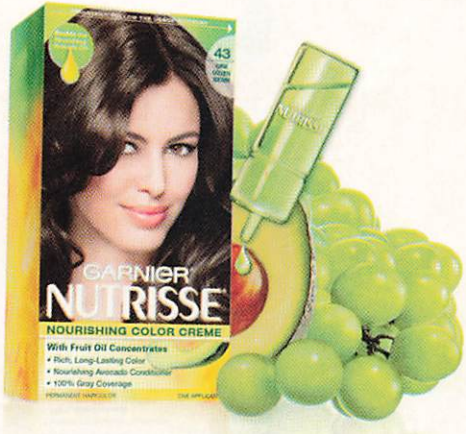

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Want better color? Start nourishing while you color! Only Nutrisse has an ampoule of grapeseed oil concentrate. Nourished hair takes color better and holds it longer—for richer, radiant color with 100% gray coverage.

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Its unique blend of rich, hydrating cream and skin-nourishing oil turns extra-dry skin into extra-soft, extra-smooth, extra-beautiful skin. Get your free sample* today at **dovebodylotion.com**. The ultimate moisture for extra-dry skin, from Dove.

* While supplies last

COVERGIRL

Do you want your lipstick to outlast the holiday season? Try Outlast Lipcolor's moisturizing topcoat and our 41 simply stunning shades! Outlast Lipcolor offers the most shades and is our longest-wearing longwear ever.* To get your holiday look, go to **covergirl.com**. "Easy, breezy, beautiful CoverGirl!"

*Among 2-step longwear lipcolor with liquid topcoat

MAKING SPIRITS...AND SMILES BRIGHT: CREST® SPINBRUSH®

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Looking slimmer just got easier, with instantly slimming Riders jeans. They instantly slim you with a flattering tummy-control panel, no-gap waistband, and slimming stretch fabrics. Available in mid-rise, boot cut, relaxed fit and straight leg. Visit **ridersjeans.com** to learn more and to find a store near you.

for the holidays

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EUCERIN

Many moisturizers can be watery and don't effectively relieve your very dry skin. Eucerin Plus Smoothing Essentials is lightweight, fast-absorbing, and clinically proven to moisturize for 24 hours while strengthening your skin's barrier to improve its natural ability to retain moisture. It's fragrance-free and appropriate for sensitive skin. For further information, visit **EucerinUS.com**.

[festive family]

FRUIT OF THE LOOM®

Spread some holiday cheer with Fruit of the Loom for the entire family. Comfortable cotton fabrics in a variety of styles and patterns, all at an affordable price. Visit **www.fruit.com** for more information.

Wii FIT™

Step onto the Wii Balance Board™ and into a new kind of play. Set goals and track your progress with yoga, aerobic activities, strength training, and balance games.

DIXIE®

Reducing the spread of germs and promoting good oral hygiene is something that every parent wants. Using disposable Dixie® bath cups in place of a permanent bathroom cup helps make that easier... and kids love the fun designs! Make it a Dixie Day® with germ-reducing disposable Dixie bath cups.

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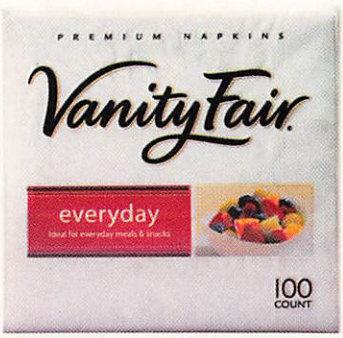
MCCORMICK® RED VELVET CAKE

McCormick Red Velvet Cake is the ultimate sweet holiday treat. With festive red layers, rich chocolate flavor, and vanilla cream cheese frosting, this cake is a sure hit for the holidays. For this recipe, visit **mccormick.com/redvelvetcake.**



VANITY FAIR

Count on Vanity Fair® napkins to make mealtime a little more special. Whether you're serving breakfast, lunch, or dinner, Vanity Fair® napkins add the touch of elegance to your table that all of your meals deserve. **vanityfairnapkins.com**

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shopping list

festive entertaining

- DIXIE®
- VANITY FAIR® NAPKINS
- MCCORMICK® RED VELVET CAKE

festive family

- FRUIT OF THE LOOM®
- Wii FIT™

festive health & beauty

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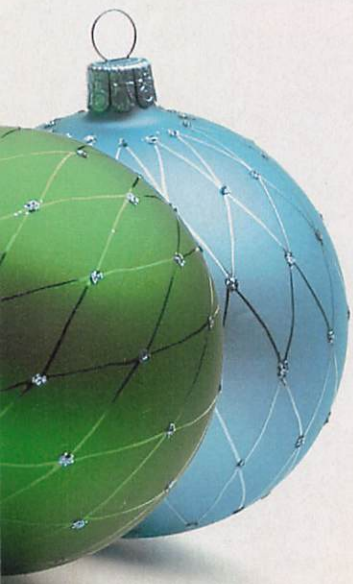

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MIRALAX®

The disruption of daily routines during the holidays seems to invite seasonal constipation. When this occurs, try MiraLAX®, the #1 doctor-recommended laxative. MiraLAX works with the body to relieve constipation with no harsh side effects.

Restore your body's natural rhythm®.

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festive eats

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Twinings has a 300-year commitment to your cup of tea. Using only the finest leaves, we blend more than 50 varieties of tea. So whether you choose a classic black, soothing green, or calming herbal, you're sure to taste the difference only 300 years can make. Visit us at **twiningsusa.com**.

HERSHEY'S BLISS® CHOCOLATE

"Me time." A moment of bliss in a hectic day. It's doing what makes you feel like you again. Taking a walk, reading a book, spending time with a friend, or unwrapping a piece of Hershey's Bliss chocolate. Who knew a quarter of an ounce of chocolate could change your day?

CAMPBELL'S® SELECT HARVEST™

Introducing new Campbell's® Select Harvest™ soups, made with delicious ingredients like farm-grown vegetables, wholesome grains, and 100% natural white-meat chicken–with no artificial flavors or MSG.* Savor the goodness. Try all 33 delicious soups, including 9 new Light soups that have 80 calories or less per serving.

* Except for the small amount naturally occurring in yeast extract in some of our soups.

holiday shopping tips

Make a grocery list during the week. Take it with you when you shop. Stick to it.

Go to the supermarket early in the morning (before 9 a.m.), when you have a better chance of getting marked-down items.

TYSON

Introducing Tyson Chicken Nuggets, made with 100% all-natural ingredients. They're crispy on the outside, juicy on the inside, and guarantee a clean plate. Now, that's a gift your whole family will enjoy!

PEPPERIDGE FARM® BAKED NATURALS

The delicious snack crackers made with real, authentic ingredients and baked to an irresistible crunch. All three unique varieties–Wheat Crisps, Snack Sticks, and Pretzel Thins–are made with no preservatives, so the delicious taste shines through. They're the perfect crispy snack to complement your favorite dips and spreads, or to just serve in a holiday bowl by themselves.

EGGLAND'S BEST: THE HEALTHY EGG FOR YOUR HOLIDAY COOKING AND BAKING

Eggland's Best Eggs...awarded the Gold Medal for Superior Taste in a triple-blind judging by professional chefs of the American Masters of Taste. They are nutritionally superior because they are higher in vitamins and omega 3 and lower in saturated fat and cholesterol than ordinary eggs. Visit **eggland.com** to learn more.

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Bake with our deep, intense chocolate for pure pleasure in every bite. Ghirardelli Premium Baking Chocolate delivers the ultimate chocolate indulgence. We hand-select the world's finest cocoa beans and roast them to perfection, then blend the purest ingredients to achieve our award-winning chocolate. Visit **ghirardelli.com** for delicious holiday recipe ideas! Ghirardelli®–Moments of Timeless Pleasure®

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Your purchase of any V8® juice or soup will help support the V8 brand's donation of over 30 million servings of fresh vegetables to those in need through our partnership with the Feeding America National Produce Program. Learn more at **V8counts.com**.

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Campbell's® Healthy Request® condensed Cream of Mushroom soup is 98% fat-free and has 45% less sodium than our regular product. Made with our lower-sodium natural sea salt to help make your holiday casseroles exceptionally delicious.

BUSH'S® BEANS

Beans, Beans, the Musical...Veggie? Rewrite the classic bean chant to reflect that beans are a vegetable, not a fruit and you could win $5,000! Gather family and friends to record a video of your new bean chant and enter the Magical Veggie Challenge at **beanchant.com** today!

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LAND O LAKES® Butter is an essential part of shared food moments and traditions across time and generations. With its rich and creamy taste, consistent quality, and all-natural ingredients,–it's no wonder it has been a trusted brand for more than 85 years. LAND O LAKES® Butter–tried and true.

shopping list

Good Housekeeping Promises — Limited Warranty to Consumers — Replacement or Refund if Defective

festive entertaining

- DIXIE®
- VANITY FAIR® NAPKINS
- McCORMICK® RED VELVET CAKE

festive family

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- DIRT DEVIL®

festive cleaning

DAWN

New Dawn® Plus Hand Renewal™ goes beyond dishwashing to actually improve the look and feel of your hands in just five uses. Treat your hands to new Dawn® Plus Hand Renewal.™ For more information please visit us at **dawn-dish.com.**

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Clean up after the holidays with The Boss Capture. It reaches up high with an extendable, self-cleaning duster and along walls with Dual-Powered Edge Kleeners.™ The special ARM & HAMMER® HEPA filter even eliminates odors. Find out more at **eureka.com.**

BISSELL PROdry™ FAST DRYING CARPET CLEANER

Revitalizes carpet and area rugs and leaves them dry in less than 30 minutes, leaving you more time for the things you enjoy. The PROdry features a ready-to-use hose that cleans stairs, upholstery, and stains with the flip of a switch. Visit us at **bissell.com.**

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Dirt Devil® introduces the first ENERGY STAR®–approved cordless hand vac. AccuCharge™ Technology lets you clean with a conscience. 2x faster charges. 70% less energy used. Better performance between charges. Also available as a stick vac. Learn more at **dirtdevil.com/accucharge.**

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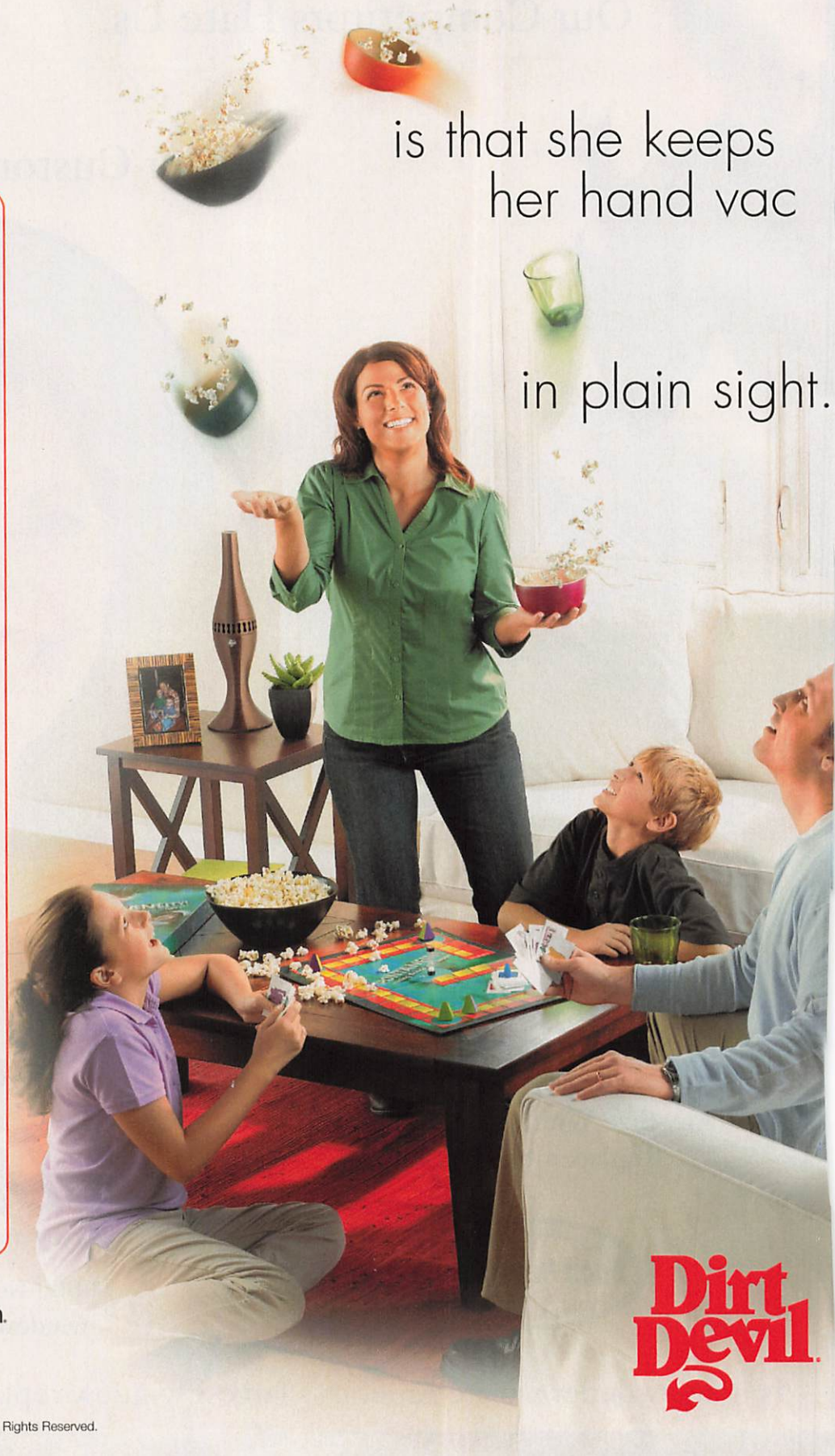

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TESTING YOU CAN TRUST

Testing from the **Good Housekeeping Research Institute**

the goods

WHAT TO BUY, WHAT TO SKIP

Gear Up for Guests

Family's coming! Products and tips for prepping your home

HOW WE TESTED

On the stovetop, we:

- Timed bringing water to a boil; looked for a steady simmer
- Measured heat evenness

For an oven check, we:

- Monitored uniformity of temperature, using nine sensors
- Assessed cakes and cookies when baked on separate racks at the same time
- Broiled steak and bread to check evenness
- Evaluated self-clean cycle

For user-friendliness, we:

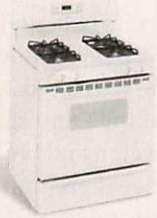
- Inspected all features
- Evaluated manuals, customer service, and ranges' appearance

INSIDE

- Ranges..... 120
- Silver polishes..... 123
- Holiday safety advice..... 124
- Lead-free glassware..... 124
- Inflatable mattresses..... 126
- Folding tables..... 126

BEST NEW RANGES

Your stove has one too many Thanksgivings under its belt, and you're thinking of upgrading. The great news: You don't need to hock your grandmother's silver to get excellent performance. We tested 31 of the newest gas, electric, and dual-fuel ranges. After baking 1,860 chocolate chip cookies and 232 cakes, boiling 248 quarts of water, and broiling 31 steaks, here are our top picks—at every price. (To see if premium dual-fuels are worth the cash, go to goodhousekeeping.com/ranges.) →

	RANGE	COOKING RESULTS	STANDOUT FEATURES	CHEF'S CAVEAT
ELECTRIC SELECTIONS	Super Splurge Electrolux Wave-Touch $2,599 #EW30EF65GS	It broils a steak worthy of an outdoor grill and turns out lofty, tender cakes when set to convection.	The **"Perfect Turkey" option** sets the right temperature and time. It has a warming zone on the stovetop and a second oven that doubles as a warmer. The control panel "sleeps" when not in use to reduce visual clutter, waking with a touch.	You'll need time to learn to use its fancy features, but its manual is exceptionally helpful.
	Mid-Priced Model Kenmore Elite $1,950 #96633	Eight quarts of water boil in just 20 minutes (on others, it took up to 41 minutes).	The **Air Guard system** minimizes smoke and odor during self-cleaning. It includes electronic controls, a program that converts temperature when using convection, a warming drawer, and a rangetop warming area.	The customer-service rep couldn't answer a basic question about using the convection oven.
	Budget Buy Whirlpool $799 #WFE371LVS	The oven heats very evenly; our cakes came out perfectly level and easy to frost.	**Steam-cleaning** gets rid of greasy baked-on splatters on the oven floor in just 20 minutes. You also get a warming element on the stovetop, plus a modern stainless steel look at a bargain price.	The broiler doesn't have the oomph to brown steaks by the time they're medium-rare.
GAS SELECTIONS	Super Splurge Frigidaire $1,649 #PLGFMZ98GC	Burners maintain a perfect simmer, so when making sauce you won't need to constantly adjust the flame.	**An oval burner** in the center of the cooktop holds a griddle (a nonstick one is included). A second smaller oven can also be used as a warming drawer, and the main oven has a program to help you convert recipes to convection.	It's hard to see inside the oven without opening the door.
	Mid-Priced Model Kenmore $1,100 #78852	Its excellent convection oven cooks two batches on separate racks that are done at the same time.	It includes a **warming drawer,** a griddle burner, and a nonstick griddle. It also has the conversion feature that adjusts the temperature when using the convection oven.	This basic unit comes in white or black. Or for $200 you can upgrade to stainless steel.
	 Budget Buy Hotpoint $549 #RGB745WEHWW	You can make two trays of cookies at once with perfect results—a feat ranges costing 10 times as much couldn't do.	The **enameled grates** are easy to remove, so cleanup is a breeze. With large lettering and contrasting colors, the control panel is a cinch to use. The similar electric model (#RB787WHWW, $599) also scored well on our tests.	The storage drawer is jerky and difficult to open; the oven window is small.

Click Here Learn more about how all the ranges performed at goodhousekeeping.com/ranges

Page | 75

If you ever get lost in the woods, look for the guy wearing this jacket

The waterproof, breathable TEK 2.5® shell is lined with PrimaLoft for warmth without the bulk. A one-handed drawstring seal at the waist, a removable hood designed to fit over a ski helmet and an interior MP3 pocket are just a few of the thoughtful been-there, needed-that details. Available in men's and women's, our Boundary Jacket is adaptable, tough and always reliable — just what you need out there in the elements. Find it on page 75 in our Fall catalog or search "page 75" on llbean.com.

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Top Silver Polishes

'Tis the season for fancy dinners—and the annoying chore of polishing flatware. **We tested 21 products,** including liquids, pastes, wipes, and gloves, to see how quickly, easily, and thoroughly they removed tarnish—and even if they kept it from coming back.

BEST IN SHOW

Weiman Royal Sterling Silver Polish ($4.59) earned a nearly perfect score in our test, removing tarnish most effectively and efficiently. This liquid spiffed up our silverware fastest (less than one minute per piece) and did the best job of the winners at retarding tarnish's return, even after six weeks.

RUNNER-UP

The **Twinkle Silver Polish Kit** ($3), which includes a thick cream polish and sponge applicator, really buffed up the patina, especially on the more heavily-tarnished pieces. The Twinkle was the fastest acting of the pastes, burnishing each utensil in about a minute and a half. While it took a bit longer to use than the Weiman, it left behind a slightly better shine.

CONVENIENCE CHOICE

Connoisseurs Silver Wipes ($6 for 10 cloth wipes) did a very good job without the mess of liquid or paste, and were especially useful for getting between fork tines. While their cleaning results weren't quite as stellar (or as fast, at about two minutes per item) as our other picks, these easily beat the other wipes tested.

GHRI ADVICE

After use, store silver in special antitarnish bags, or wrap in acid-free tissue paper and seal in zipper-topped plastic bags.

Photographs by LARA ROBBY/STUDIO D

TIP SHEET

Decorate Safely

About 450 fires are sparked each year by Christmas trees or holiday lighting, and over 2,000 blazes start from candles in the month of December alone, according to the National Fire Protection Association. Before you deck the halls, you should:

Tree-shop wisely Hold a prospective pine upright, and bounce the trunk end on the ground. If a lot of needles fall out, the tree is too dry: a fire hazard.

Place your tree with care Whether artificial or real, don't put it near a fireplace or heat vent. For natural trees, keep the stand full of water.

Look at labels Electric decorations, cords, light strings, or power strips should bear the UL Mark or ETL Mark, indicating third-party lab testing for fire or shock risks. With UL, if the symbol is green, the product is for indoor-only use; red means it can be used outside, too. With ETL, look at the package label to verify indoor or outdoor safety.

Check all light strands (even new ones) for any damage, fraying, and loose or missing bulbs. Touch the lit strands or bulbs periodically to make sure they're not too warm. Before you leave the house or go to bed, shut off the tree lights.

Use special plastic clips or hooks—not metal staples—to tack up wires.

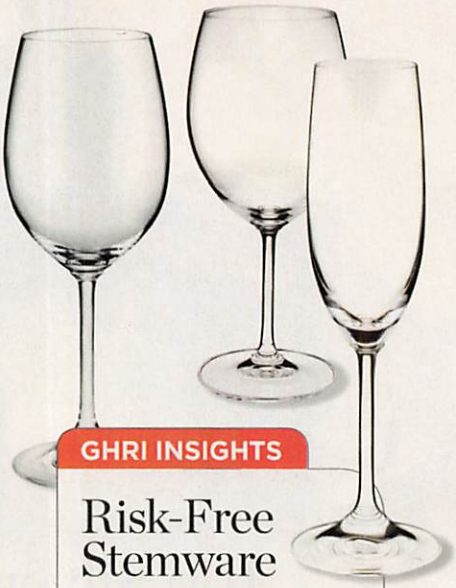
Never plug one extension cord into another—get one that's long enough, or find a closer outlet. As for lighting strings: For push-in mini bulbs, don't connect more than three strings together; for ones that have screw-in bulbs (C7 and C9—common for outdoor lights), don't exceed 50 bulbs per string. If you know you'll need more, use an appropriate power strip.

Never leave lit candles unattended, in a drafty spot like near your heating vent, atop any flammable surfaces, or near anything combustible.

Cut candlewicks to ¼ inch long before lighting. Discard pillar or taper candles once they've burned down to within two inches of their bases, and jar candles to within an inch of the bottom.

Make sure candles don't burn longer than one hour for every inch of diameter. Put them out by blowing very gently, or use a snuffer so you won't spray hot wax everywhere.

Go flameless Use candles that are battery-powered. They burn just as brightly but offer safety assurance.



GHRI INSIGHTS

Risk-Free Stemware

"Lead crystal" not only connotes high quality in glassware, it literally does have lead in it. So while it's safe for adults (except for pregnant women) to drink from occasionally, we don't advise using a leaded decanter to store leftover wine, since over time the lead will leach into the liquid within it.

To eliminate the concern entirely, many companies have developed lead-free options with the sparkle and sophistication you want in fine glasses.

- **FOR EVERYDAY USE,** we like **Luigi Bormioli's Canaletto and Michelangelo Masterpiece collections** ($20 to $25 for a set of four)
- **FOR YOUR SPECIAL OCCASIONS,** consider **Riedel's Wine series** ($59.60 for four)

GREENER HOLIDAYS

Put outdoor light decorations on timers so they don't inadvertently stay on all night long.

Photograph by Jani Bryson/istockphoto (lights)

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Good Housekeeping Promises

Inflatable Mattresses

To find your visiting nephew a great extra bed, we tested six twin-size models for how well they held air overnight and for durability, and asked testers to rate the ease of inflating and deflating, and comfort (talk about lying down on the job!). These two came out on top.

• 1 **BEST PERFORMER**
The **Eddie Bauer Insta-Bed** ($72) triumphed for its superior leak resistance—no air loss or change in the loft when weighted with 170 pounds for over 24 hours. Consumers gave it a gold star for comfort, looks, and its hands-free, electricity-powered inflation and deflation. One quibble: The material punctured more easily than most.

• 2 **PORTABLE PICK**
The puncture-resistant **Aero Sport All-Terrain Bed with Dual Power Pump** ($80) is great at home or for camping. The battery-pack pump can be charged in a house outlet or a car but needs eight hours of juice, and proved less hands-free than advertised. A plus: The bed's easy to store.

STABLE TABLE
Office Star's winner serves up easy extra seating for four

Sturdiest Folding Tables

When cooking for a crowd, the menu is your first concern, and then: Where will everyone sit? That's why **we tested 24 folding tables** in a variety of styles for stability and strength, resistance against denting, watermarks, scarring from hot pans, and any safety concerns regarding sharp edges or pinch points. We also asked consumer testers to rate how easy each was to open, close, and carry, as well as its appearance.

For Four More

TOP-SCORING TABLE
The rectangular four-foot **Office Star Folding Resin Multi-Purpose Table** ($50) ranked first for safety, with the fewest pinch points and no sharp edges. It also earned the highest durability score of our winners, with a strong, heat-resistant top that survived our dent test with barely a ding.

SQUARE-SHAPED PICK
Lifetime's 37" Square Card Table ($75) ranked highest of the square tables. It's strong and stable, and, of our winners, testers rated it easiest to unfold and carry (though folding is trickier). Also, it did dent a bit in our durability test, so the edges might show wear over time.

For Six More

ROOMIEST CHOICE
Samsonite's six-foot table #UT07S3U54D ($57) was testers' favorite for comfort, with plenty of legroom. Its base and top are sturdy and durable, but watch your fingers when folding and unfolding: It has the highest number of pinch points (14) of our winners.

LARGE BUT PORTABLE
Lifetime Six-Foot Fold-in-Half Table ($90) folds flat and in half and has an integrated handle, making it easier to carry. Some testers had trouble unfolding it, but once open, it's strong and stable. Testers gave it the top score for appearance, but don't put a hot pan directly on it: The surface showed noticeable scarring after that test.

GREENER HOLIDAYS

When cooking for your guests, turn down your thermostat a few degrees to save on energy costs—with the oven going, everyone will still feel warm and cozy.

Photograph by LARA ROBBY/STUDIO D (mattress)

SHOPPING DETAILS, page 234

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Lost...and Found

Thanks to the Internet, Americans are reconnecting in record numbers. There are huge rewards—but also unexpected risks **By Sarah Bird**

Every time I dig through my jewelry box, I stumble across the necklace a close college friend gave me over 30 years ago: a perfect rectangle of iridescent lapis lazuli butterfly wing preserved beneath a small dome of glass, dangling on a silver chain. The exquisite antique haunts me for two reasons: because it had originally been a present to my friend, Darcy Lowell,* from her grandmother, and because my friendship with Darcy came to an uneasy, unresolved end. So when *Good Housekeeping* asked me to investigate the burgeoning trend of reconnecting online by tracking down a dropped connection or two of my own, I took it as a sign.

Darcy and I had been opposites who attracted. As an almost six-foot-tall outsider from a nomadic military family, I found her petite blond all-American beauty, cheerleader vivacity, and privileged small-town background irresistibly exotic. Darcy, in turn, was fascinated by my rootless childhood. With the butterfly-wing necklace, she symbolically gave me the claustrophobic security she was trying to escape.

I gave Darcy wings of a different sort. In 1971, during our junior year, we abandoned college to hitchhike and Eurail in Europe and its environs—a trip that intensified our friendship and then destroyed it. Bound by a shared language and hours spent in cramped train compartments, we had only each other. In that isolation, small slights gradually metastasized into unforgivable offenses. Barely 20, I grew weary of always being the grown-up; she seemed weary of me. After a tense ride from Marrakech, Morocco, to Algeciras, →

Photographs by Photographer's Choice/Punchstock

Spain, we parted ways, with no explanation and no plans to meet again on that or any other continent.

But all these years later, besides returning the necklace, I wanted to understand why our friendship fell apart, to tell her my side of the story, and to hear hers. I wanted to know what'd happened to her since. And I wanted to see her for the reason I think we all want to reconnect with people from our past: She'd been part of my life, and, for better or worse, she helped make me who I am now.

Click Here

Reconnecting has never been more popular, largely because it's never been easier. Over the past few years, social networking has grown dramatically, with 127 million Americans now visiting these Web sites each month, according to Sarah Radwanick, marketing-communications analyst at ComScore, Inc., a global Internet information provider. Many networks, like Facebook and Friendster, allow you to make new friends, but "they're set up to facilitate reconnection, too," says Chris Brogan, vice president of strategy and technology at CrossTech Media, which tracks technology trends. Specialized sites like classmates.com and reunion.com, which together claim about 75 million registered members, focus on reunions. And ordinary search engines let us find in minutes information that once took weeks of letter-writing and long-distance calling, or hiring a detective to uncover.

From Brogan, I also learned that most searches, like mine, are for a lost friend; next most common, for an old flame. Ironically, I knew my easiest route to finding Darcy would probably be to ask my own lost love, Jacob.* We'd first met because he was pals with several of Darcy's many boyfriends; after I returned from Europe to finish college, I ran into him again. He was 6'4"—a good four inches taller than me—and could make me laugh until I wet my pants; how could I not fall in love? After graduation I moved with him to Austin. Austin lasted, but our romance didn't. I was left holding the torch I carried with Olympic-level fervor until meeting the man I married. Kick up those embers? No way.

And, after all, who needs an old sweetheart when you have Google? I entered the name Darcy Lowell and watched my screen start listing 345,000 entries. Even enclosing her name in quotation marks didn't whittle this giant sequoia of data down to a usable size.

Most searches, like mine, are for a lost friend; next most common is for an old flame

I couldn't remember the name of Darcy's high school, so I bypassed classmates.com and reunion.com and went directly to our college's alumni-association site. All the Lowells it had were too young, too old, or too male. Depressed—millions of people have caught up with long-lost school pals on the Internet! Why not me?—I decided I wanted to be part of *someone's* success story. I joined my own high school's alumni association online, where I posted an open-ended message asking anyone who remembered me to get in touch.

Having made my offering to the reunion gods, I turned back to the hunt and plugged into some more specialized search engines. Wink let me perform a one-hit comprehensive search of major social networks. Pipl claimed to dig up info that a Google search can miss, from spots like personal Web pages, press mentions, and Amazon wish lists. But the little engine that could was ZabaSearch, which directed me to Intelius; there I found listings of places where a Darcy Lowell had lived. I instantly spotted a constellation that included my Darcy's hometown and the city where we'd gone to college. For a few dollars, I bought an address, and my heart stopped when Google Maps showed it was just blocks from the country club near where she'd grown up.

Certain this had to be where Darcy lived, I reverse-searched the address for a phone number. Nervous now that actual contact seemed imminent, I was both frustrated and relieved when the number came up "unlisted." I overnighted a letter to the address, begging Darcy to contact me. And then I waited.

Rekindling Old Flames

After two weeks, I accepted that no answer would be coming. Choosing to believe that my letter had never reached Darcy, I faced up to the inevitable: I'd have to contact Jacob. Fifteen years ago, my search would have stopped there. While I did →

*Names have been changed to protect privacy.

Photographs by Getty Images (portraits); Briana E. Heard (book).

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RECONNECTING

Three Sites to Help Your Search

- **pipl.com**
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- **wink.com**
  Enter a name for a one-stop search of sites like Facebook, LinkedIn, and MySpace for that person's profile. Or start your own page to make it easier for others to find you. **Good for:** Searching for people in other social networks
- **zabasearch.com**
  Search for people by name to locate street addresses listed in public records. **Good for:** Finding general contact information

On search sites, you may see offers of more info for a fee; some of this data may be available elsewhere for free.

have a mailing address for him, a letter seemed too portentous, and I couldn't bear calling mutual friends to ask for his private number. I could hear their speculations: Was Sarah still carrying a torch? Was her marriage in trouble? Brogan had mentioned that reconnectors now feel safer because they can make contact via computer, but I realized that the Internet conferred another benefit: No one else has to know about your search. After mere minutes of Googling, I had the timid reconnector's best friend: an e-mail address. I sent a breezy message winging Jacob's way—breezy because I'd worked to make it so. After all, I was only writing to find Darcy. Wasn't I?

The butterflies that rose in my stomach when Jacob's name popped up in my in-box moments later begged to differ: They had nothing to do with Darcy's necklace.

"Sarah," Jacob's e-mail began. "You are still the best. How excellent to hear from you." In our back-and-forth, he told me about his three daughters, his wife of 18 years, how he'd gotten an M.B.A. Then he wrote that he'd like to hear more about *my* life and included his phone number.

And, just like that, the years disappeared and I was again the besotted young woman caroming from exhilaration to despair. The intensity of my reaction unnerved me. But what truly gave me pause was my impulse to hide the e-mails so that my husband wouldn't come across them.

Disturbed, I phoned the leading expert in a field I never imagined would pertain to me: rekindled romance. Nancy Kalish, Ph.D., a developmental psychology professor at California State University in Sacramento, has researched more than 2,000 of these reunions, and she interrupted me the instant I told the white lie that I was "planning on" getting in touch with an old flame.

"Did you know that reconnecting with a lost love can be like taking cocaine?" she demanded. "Fifty percent of the rekindlers I've surveyed report that they'd had wonderful marriages—*before* they reconnected. They didn't expect meeting again to pack such a wallop. Now that looking for old flames is so easy and trendy, happy marriages are crumbling."

Fifty percent of rekindlers say they had great marriages—*before* they reconnected

Uneasily, I pooh-poohed the possibility that anyone's marriage was in danger. "Apparently, my lost love has a gorgeous wife."

"Doesn't matter," Kalish warned. "Wrinkles, weight, none of that matters. Some neuroscience research suggests that early loves are encoded in the brain, the same way cocaine addiction is. Seeing that person again, talking on the phone, even e-mail triggers all those visceral memories of being young and in love. Do not call this man."

Having glimpsed the dark side of reconnection, I decided not to call Jacob. But I did dare to e-mail him to ask if he knew anyone who was still in contact with Darcy—and to tell him that I would always be grateful to him for putting me on the path that eventually led me to the life I was meant to have. He responded with an e-mail address for Andy,* who had dated Darcy decades ago but might still be in touch.

Finally—Reconnection

As I was sending Andy a message, an e-mail appeared (care of my high school alumni association) from Tami Szerlip. Just seeing that name triggered memories of a soft-spoken girl with soulful eyes and a braid as thick as my wrist. She had somehow slipped out of my life—but my aimless plea had brought her back.

I zipped off a reply, and soon Tami and I were swapping stories. I discovered she lives on Mercer Island, near Seattle, where I'd soon be visiting to look at colleges with my son. We made a date, and a few weeks later, I entered the shop where Tami works. Its name? Finders. Behind shelves of luscious soaps, adorable teapots, and a pillow embroidered with the words, "Good friends are hard to find, harder to leave, and impossible to forget," I spotted Tami.

One look and I knew she was exactly the same person she had been →

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when I first met her in junior high: kind, sensitive, artistic. That evening, over salmon caught and prepared by her husband, Rod, she and I fell back into a friendship that seemed never to have been interrupted, but felt deeper for the self-understanding we'd both gained over the years. We caught up on my son's college search, my writing, her two nearly grown daughters, her lifetime of work for equality in education, her painting. It was the kind of communion reconnectors dream of—a celebration of our shared past, an affirmation of our future. When we parted, she gave me a softball-size bar of cucumber-scented soap, and the magic of our visit lingered with me all the way back to Austin.

At home, I found a message from Andy, Jacob's friend, who hadn't seen Darcy in years.

Sarah, last I saw Darling Darcy was in deep Brazilian bush. I miss her. I have put out notices for her contact info. It will work in time.

Siempre, Andy

So my attempt at reuniting with Darcy, like my parting from her, remains...unresolved, unfinished. But just like our European sojourn, the trip was filled with unexpected delights, disappointments, and dangers, as I suspect most reconnections are. For the first time in history, anyone can answer that most enticing of questions: "Whatever happened to?" A few keystrokes can (almost always) reveal what's become of our high school heroes; where life has taken our old friends; what's befallen our vanished heartthrobs. Perhaps gathering up those dropped threads gives us a greater sense not just of who we were, but of who we've grown to be: This time around, I recognized—and resisted—the lure of the old flame, and found that a true friendship could grow even stronger through years of separation. What I will learn from Darcy remains a mystery. For now, I'm content to have my search end in the deep Brazilian bush. I imagine Darcy there, lapis lazuli butterflies fluttering about her head. But I trust that Andy is right, that my message "will work in time" and the shimmery bit of wing will finally fly back to its rightful home. ■

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Ask Peggy

By Peggy Post

Pet Peeve

Q My daughter says "OMG" constantly. I know it's modern slang and that lots of kids use it, but I fear people may think she's disrespectful. Am I too old-fashioned?

No, you're wise. Now's the time to let her know that her casual usage can be perceived differently than she intends it—and negatively. Many won't take offense at her "OMG," but some will. Explain to her the potential consequences of continuing to use the phrase; some people may consider her a little insensitive of her listeners' beliefs, while others may feel she's taking the Lord's name in vain. And if you're offended yourself, ask her not to use the expression in your presence.

Q We're hosting Thanksgiving dinner for a slew of our out-of-town relatives. Is it OK to ask some to stay at a hotel? Preparing a Thanksgiving feast is a major enough undertaking without adding a gaggle of overnight guests. If you wish, and your situation permits, you can invite relatives from farther away to stay with you. But it's also fine to request that they sleep at a nearby hotel or bed-and-breakfast. Just get the word out early—ideally, when you are first inviting people to attend.

WHAT WOULD YOU DO?

Should you approach the coach?

Your son is a perpetual benchwarmer on his soccer team. You'd like him to have more time on the field. Do you ask?

Yes

"If I don't intervene, my son may not find out if he likes playing." Barbara Stransky, 52, KS

No

"Kids should do their own talking with coaches and teachers." Nicole Andrews, 38, CA

Yes

"But never right before or after a game. And I'd definitely meet with him one-on-one." Lee Nabors, 47, AL

PEGGY SAYS Yes. Talk to the coach—after you make sure your son wants more time and is OK with your stepping in. At the meeting, say how much your boy enjoys the team. Add that he's hoping to play more, and ask how he can work toward that goal. Some coaches just won't use weak players: If this is one, find another team.

Pop Quiz

Q Your friend tells you she's inviting her husband to come on the movie night you planned as a gals-only affair. Should you:

- **A** Just let it go. It's not worth arguing over
- **B** Tell her beforehand how you feel, but let her decide what to do
- **C** Confront her, and say that he's not invited

THE RIGHT CALL

(B) You can politely say, "Camille, you know I love George. But I was really looking forward to spending time with you—just the two of us." If she seems truly disappointed, why not give in? Say, "But we can include George. We'll plan our own night out some other time." ■

Get answers to your etiquette questions at goodhousekeeping.com/peggy

Photographs, from left: Bananastock/JupiterImages; courtesy of Barbara Stransky; courtesy of Nicole Andrews; courtesy of Lee Nabors; SQUIRE FOX.

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Serving suggestion

The Thread of Life

Everyone's days are numbered. And fretting about your weight or the size of your thighs won't do a stitch of good. Here's what will By Geneen Roth

My friend Catherine recently told me about a 50-year-old friend of hers who'd been a member of a sewing circle for 10 years and was now dying of brain cancer. "I labored and sweated over my crooked stitches," her friend said. "And I always felt ashamed for not making stitches the right size or shape. As if making straight stitches actually meant something about me or my life. Now, the doctors say I have six months to live, and when I think about the time I wasted worrying about those crooked stitches..." She left the sentence unfinished.

Most of the people I see spend most of their lives worrying about their own version of crooked stitches—the size of their thighs, their hips, their abdomens. As if those things signify something true or real about their lives. As if when we get to the end of our lives, a number on a scale will mean anything at all.

I was in a car accident recently. We were burbling away, two friends and I, on our way to a party, when suddenly we got sideswiped a few times by someone who ran a red light. After our car crashed into two lampposts, three other cars, and one stop sign, it came to a total standstill. I crawled out of the hole in the side that used to be the door and, although my ankle throbbed, my head felt as if a brick had fallen on it, and I couldn't breathe very well, I was alive. And suddenly, just being alive was enough. Was miraculous. Suddenly nothing was important except the fact that I was still breathing.

I needed a wheelchair for six weeks because of a sprained ankle and a set of bruised ribs, and sometimes, when my husband was busy and couldn't transport me from the dining room to the living room, I'd sit outside and stare at the feast in my backyard. It wasn't anything out of the ordinary. Just the usual: clouds, trees, sun. Dog barking. Birds trilling. Wind blowing. The everyday jubilee I'd been passing on my way from desk to kitchen to desk as I worried about the stitches of work, family, errands, responsibilities. As I rushed frantically to keep up with the pace of e-mails, text-messages, book deadlines. But since I had a concussion and couldn't think clearly, and since my usual mode of running around was impossible, I had a good excuse to stop everything and contemplate the little things. Like living and dying. There is →

Photographs, from top: STROUD/SCHELLING; PHILIP FRIEDMAN/STUDIO D.

nothing like a brush with death to get a girl thinking.

The first time I taught my retreat after the accident, I asked my students to make a list of 10 things they loved most about being alive. They wrote down things like: "reading to my daughter before bed," "swimming with my son," "holding my husband's hand," "being in the forest," "taking a hot bath." Then I asked them what they would spend their time on if they knew they had only a year to live. All of them elaborated on different versions of doing what they loved and of loving the people they cherished. Not one of them mentioned losing weight, although some of them did say that they would eat only what they really, really liked. Which brings me to the subject of dieting and weight loss and being fully alive.

Recently, I read a study published in the *New England Journal of Medicine* in which 300 "moderately obese people" were followed on three different diets: the low-carb diet, the low-fat diet, and the Mediterranean diet (healthy fats, some dairy products, abundant fruits and vegetables). After the first five months of tightly controlled dieting, the dieters lost an average of 10 to 14 pounds.

However, by the end of the two-year study, all the participants gained back some of the weight they had lost. Two years of strict dieting and the end result is that you lose 10 pounds and gain back four? Hmm. There's gotta be a better way to spend your time.

There is. It's called: Live the life you have. Love the body you've got. (This is not the same thing as: Give up and binge.)

Part of the reason that diets don't work is that when we are obsessively focused on how much we weigh, we are not focused on doing what we love or on loving what we love. We are thinking about what we will look like when we lose weight. We are spending our days counting calories or fat grams, as if we have forever to be alive, forever to turn to what we truly love.

When the late Carnegie Mellon professor Randy Pausch's last lecture swept across the Internet, when he spoke about having pancreatic cancer and six months to live, he spoke as a man whose priorities were clear. He wanted to spend every second he could with his family; he wanted his kids to have a visible record of his love. "I am maintaining my clear-eyed sense of the inevitable," he said. "I'm living like I'm dying. But at the same time, I'm very much living like I'm still living."

A serious illness. An iffy mammogram. Suddenly, it's your life that's at stake

Every one of us has a terminal illness: It's called life. Although we want to believe that death only happens to other people, it only takes a second or two to realize that the D word is going to happen to us, too. A car accident. A serious illness. An iffy mammogram. Suddenly, it's our life that is at stake. Our life whose stitches are numbered.

Ask yourself how you want to live.

Ask yourself what you would do with your time if you found out that your days were numbered. (Because they are. You just don't know what the number is.)

And, oh, ask yourself what you would eat.

While you might be tempted to say, "I'd eat pizza and cheesecake nonstop, because who cares about clogged arteries when time is limited," ask yourself if that's true. If life is so precious, why would you spend one minute of it making yourself sick?

When I was 19, my college roommate and I were traveling from Pisa to Rome in a rickety airplane. We were convinced that it was going to crash and in the last few minutes of the flight, I figured that as long as I was going to die, I might as well die eating chocolate. Despite the turbulence, I managed to polish off the entire five-pound box I'd bought for my mother. If I had died, I would have gone out burping and in a sugar coma. Not exactly a graceful exit.

Rather than focusing on dieting and depriving yourself, which we all know does not work, turn your attention to what you love. Because if you love your life, you want to take care of your body. Even if you knew you only had six months to live, you might eat differently, you might even begin exercising every day, but it wouldn't be because you were ashamed of your body. It wouldn't be because your thighs weren't thin enough or the stitches of your life weren't good enough. It would be because you didn't want to miss a minute of the time you had left.

Why wait? Why not cherish every crooked stitch of your life before another moment passes? ■

Geneen Roth *is an international teacher, speaker, and writer of best-selling books on emotional eating. You can visit her at geneenroth.com.*

Click Here Read more of Roth's advice at goodhousekeeping.com/geneen

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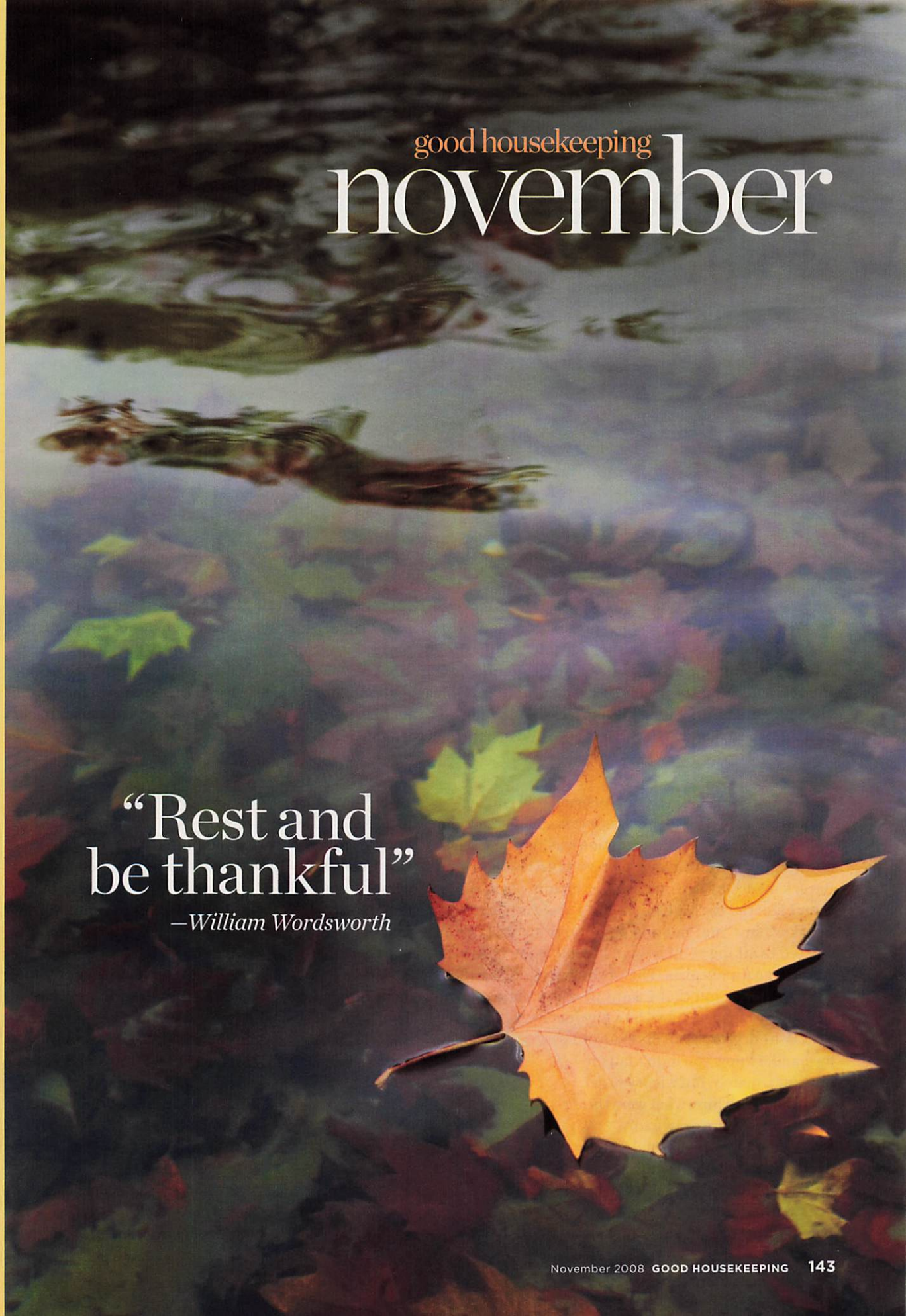


Photograph by Martin Child/Getty Images

a Conversation with Michelle OBAMA

Michelle Obama is used to multitasking: For years, she's juggled the roles of wife, mother, public servant, and mentor. Lately her days have moved at hyper-speed as she's hit the campaign trail with her husband, Democratic presidential nominee Barack Obama, while honoring her pledge to be away from home (and from her daughters Malia, 10, and Sasha, 7) overnight only once a week. But given her keen interest in communicating with American families as often as possible, she recently made time to talk with *Good Housekeeping*'s editor in chief, Rosemary Ellis, in Chicago—the Obamas' home base. In this exclusive interview, Michelle Obama discusses the matters that are closest to her heart, from our country's most urgent causes to her husband's best qualities to what every child needs to succeed in school.

ROSEMARY ELLIS: When your husband told you that he wanted to run for President, what was your first reaction?

MICHELLE OBAMA: My first reaction was, "Don't—please don't." Quite frankly, with every political run that Barack made, my instinct was to talk him out of it. But then I started to think beyond me. I always joke that I took off my "me" hat and put on my "us" hat. And I started thinking about where I would hope to see the country go for my girls. Then I started thinking about the type of person that I want to see in politics. And that always turned out to be a guy like Barack.

RE: When you first met your husband, I know you didn't fall for him immediately. But when you *did* fall in love with him, what were the qualities you were drawn to?

MO: When I first met him, I fell in deep *like*. I said, "This guy can be my friend." It was later on, when he pressed for a little more than friendship, that's what I pushed away from. Because I thought, you know, we're working together. But he was persistent.

RE: We've noticed that about him.

MO: He is very persistent. And he was very clear about what he wanted and why, and I was impressed with that, [and that] he spent years working in communities that had been devastated by the closing of steel plants to help residents figure out, how do we make change? How do we move from despair to empowerment? How do we fix our schools and develop job-training programs? That's the work he did for years—and I *respected* that choice. At that time, when you come out of Harvard and you're working at a [big law] firm, you don't meet people who've made those choices.

RE: You meet the people who want to be big cheeses.

MO: That's right. And he never did. Even when he became the first black president of *Harvard Law Review*—

Photographs by KEVIN MIYAZAKI; hair and makeup by Lisa Trunda for Ford Artists; wardrobe styling by Katy Robbins (Rosemary Ellis).

that's the highest achievement you can have [in law school]. He was honored, but he didn't want to work for a high-paid firm. And the fact that he was so consistent in walking into his life saying "I went to school to help others, and I'm going to figure out how to use those gifts not to help myself but to help other people," I was like, *This* is a guy I could raise a family with.

RE: If he is elected, what's your biggest hope for his tenure as President?

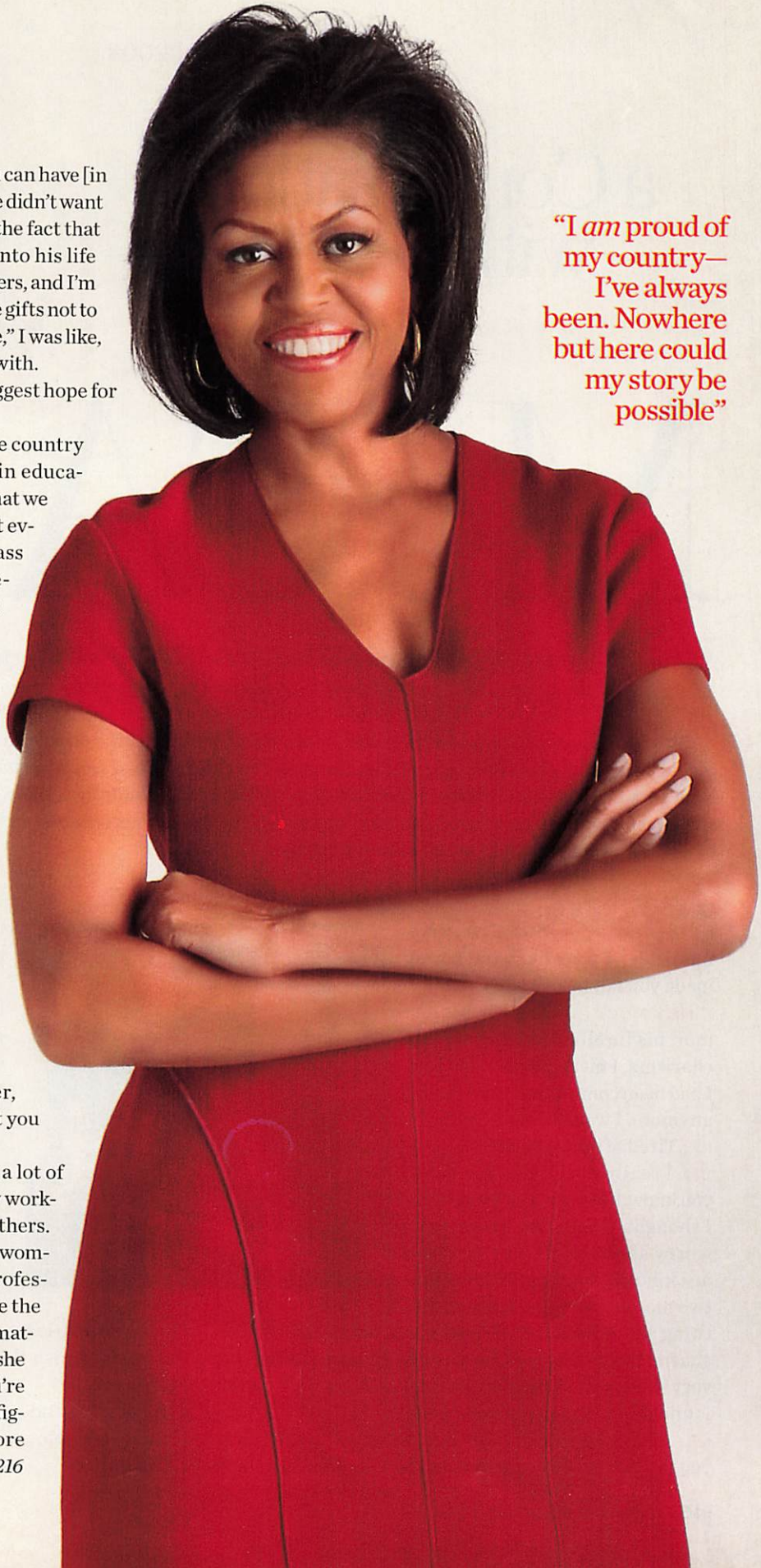
MO: My hope is that we can get the country on track domestically. Reinvest in education here in the United States so that we lay the groundwork to ensure that every child has access to a world-class education from preschool to beyond college. Making sure that folks have health care. I hope that our image as a nation, in the world, is improved.

RE: And your biggest fear?

MO: Fear may be too strong of a word, but what I've just outlined—those are big agendas, and they take years to unravel. And it doesn't happen overnight. It's going to require a lot of hard work, not just from the next President of the United States, but all of us. And I hope that we're ready as a nation to make [the needed] sacrifices and compromises—no matter who's the next President.

RE: As a woman and as a mother, what are the campaign issues that you care about the most?

MO: Over the last year, I've spent a lot of time traveling around the country working on issues that face working mothers. Even if I just say that phrase, every woman I know—no matter what her profession, whether she's working outside the home or working in the home, no matter her race or political affiliation—she gives that knowing smile [that you're giving me]. I want to be a voice for figuring out, How do we provide more support? So *continued on page 216*



"I *am* proud of my country—I've always been. Nowhere but here could my story be possible"

a Conversation with Cindy McCAIN

Many of us have heard the same details about the life of Cindy McCain, wife of John McCain, the Republican Party's presidential nominee: that she grew up in a privileged family; that she met and fell in love with her husband as his first marriage was ending; that she overcame an addiction to painkillers as well as a near-fatal stroke. But we had the opportunity to get a more personal glimpse inside her world when Rosemary Ellis, the editor in chief of *Good Housekeeping*, recently sat down with her in New York City. In this exclusive interview, Mrs. McCain talks candidly about what makes her marriage tick, why she doesn't want to be a "superwoman" anymore, the cause that's closest to her heart—and the one thing she believes all voters must know about her husband.

ROSEMARY ELLIS: So tell me, what qualities of your husband's first made you fall in love with him?

CINDY MCCAIN: Oh gosh, his humor, his intelligence, his wit, his charisma. I mean, when I met him I had been committed to not dating anymore. I was tired of it...ugh...

RE: Tired of dating at 24?

CM: I really was. It had just been, you know, frat boys, and I was tired. I thought, "Well, I'm just going to worry about my career now and just kind of take a break." I met him two months later, and it was everything about him. He's a remarkable man—the wit, the charm, the intelligence; he was so well-read. And he was very interested in hearing what I had to say and I hadn't found that in too many other people.

RE: After 28 years of marriage, what quality attracts you to your husband now that maybe wasn't the first thing that attracted you when you initially met?

CM: Still is his intelligence, his wit, his humor. The longer we're married, the better it gets. I still love everything about him to this day that I did then.

RE: You have three adjectives to describe your husband and yourself—what would they be?

CM: Let's see...he's tenacious, he's humorous, like I said, he's very lovable also. About myself I think maybe I would say—sometimes cautious. Very nurturing. And I think also a little bit tenacious myself.

RE: Please finish this sentence: The secret to a happy marriage is...

CM: Patience and honesty. You have to be patient, you have to be open, and you also have to be available for criticism, too.

Photographs by DAVID A. LAND; hair and makeup by Stephen Ramsey for Artists by Timothy Priano (Rosemary Ellis).

RE: Do you feel like you learned that in your marriage, or did you go in understanding that?

CM: Oh, no. No [*laughs*]. I was very young! I was 25. When you meet someone and you marry them, you find out a great deal, as you know, after you're married. We never lived together. So I did learn a great deal about my husband, but I also learned something about myself, that I had made a wise choice. I think he's a good man.

RE: Which presidential couple who've served in your lifetime do you particularly admire?

CM: I think my husband and I both admired President and Mrs. Reagan, because they were so genuinely close and loving with each other. They had this special relationship that was so lovely to watch between the two of them. They had their unspoken language. It was so lovely to watch.

RE: If your husband is elected, what's your biggest hope for his tenure in the presidency? And what's your biggest fear?

CM: My biggest hope is that he can achieve the things that he truly wants to do. He really, truly wants to clean up government and keep our country safe. I know he can do that. People feeling secure in their own homes, that encompasses many things. It's not just the war in Iraq, the war in Afghanistan: This is local issues, too.

RE: What are your greatest fears about the presidency?

CM: My biggest fears would be, perhaps, he couldn't get the work done that he wants to do. That politics as usual would stay in place. That he would attempt to work across the aisle and they would refuse. He's a tough one to turn down, though.

RE: Intense public scrutiny comes with the territory when you run for President; you know what you're getting in for. And so most Americans now are aware that you've struggled with an addiction to painkillers and that you suffered a stroke, just as they are aware that you opened your heart to an orphan baby with a serious medical *continued on page 220*

"I see what John has overcome, what he's doing with his life, and he is such an inspiration to me"

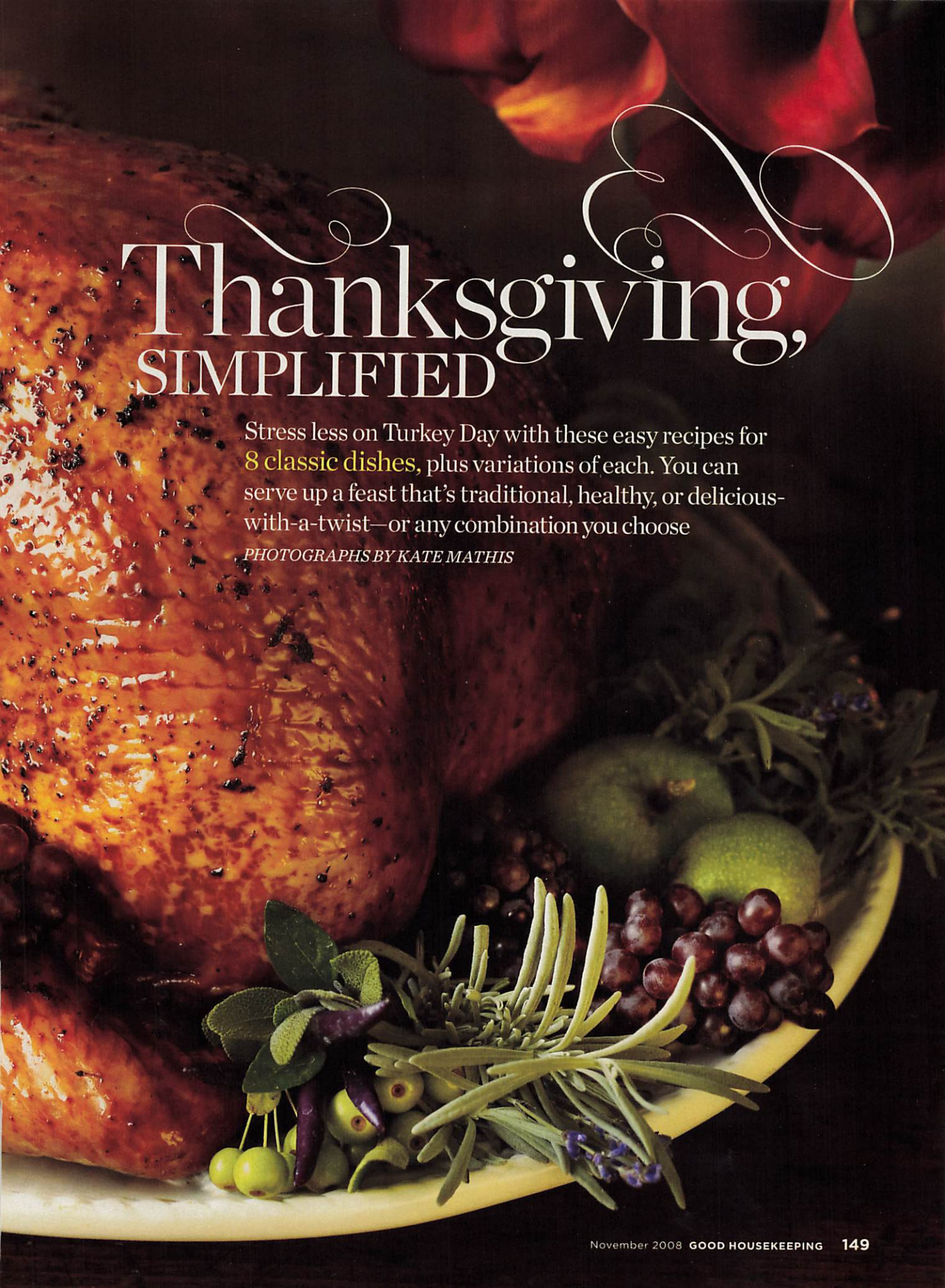
The crowning touch for a succulent bird roasted with fresh parsley, sage, and thyme: a choice of three savory gravies

CLASSIC Roast Turkey with White Wine Gravy | *p. 202*

HEALTHY Roast Turkey with Roasted-Garlic Gravy | *p. 202*

TWIST Roast Turkey with Wild Mushroom Gravy | *p. 200*

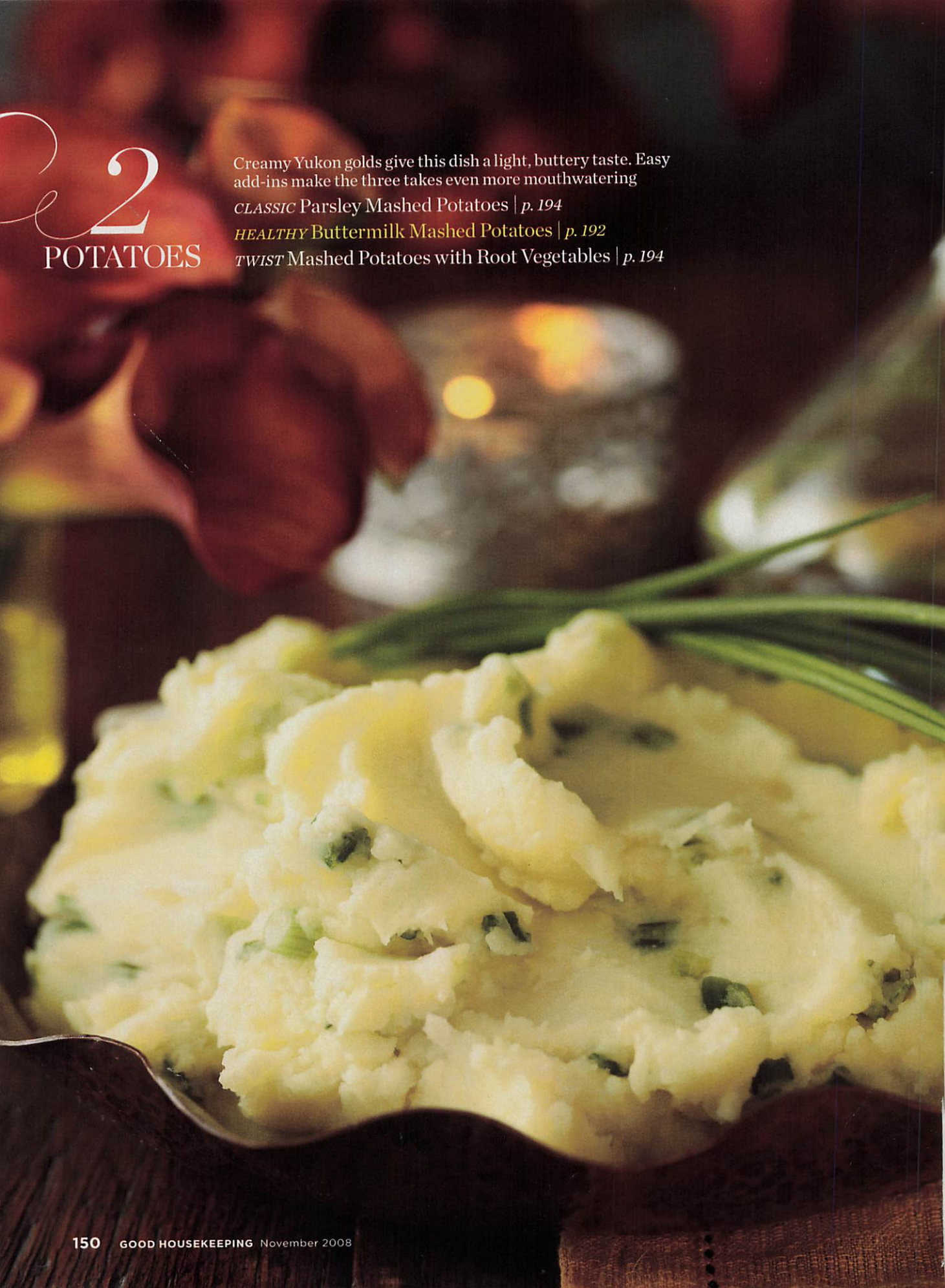
TURKEY



Thanksgiving, SIMPLIFIED

Stress less on Turkey Day with these easy recipes for 8 classic dishes, plus variations of each. You can serve up a feast that's traditional, healthy, or delicious-with-a-twist—or any combination you choose

PHOTOGRAPHS BY KATE MATHIS



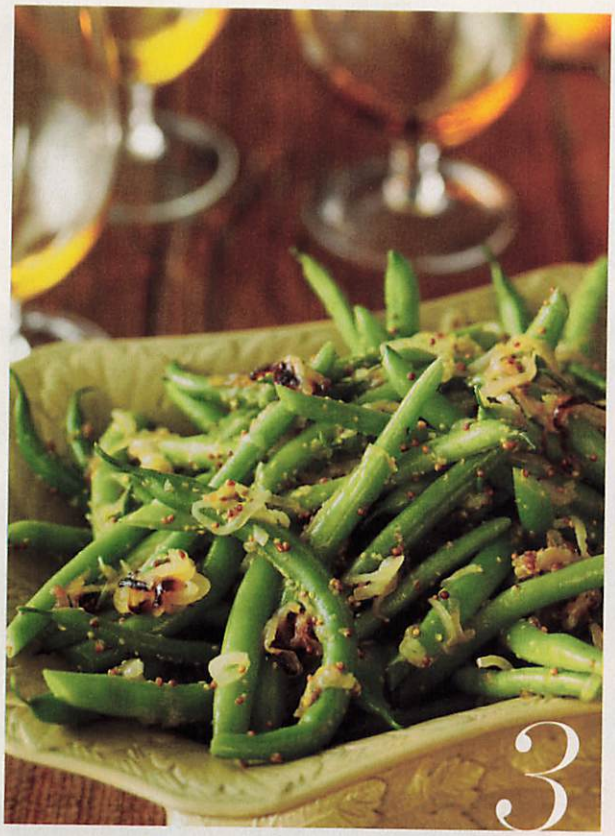
2 POTATOES

Creamy Yukon golds give this dish a light, buttery taste. Easy add-ins make the three takes even more mouthwatering

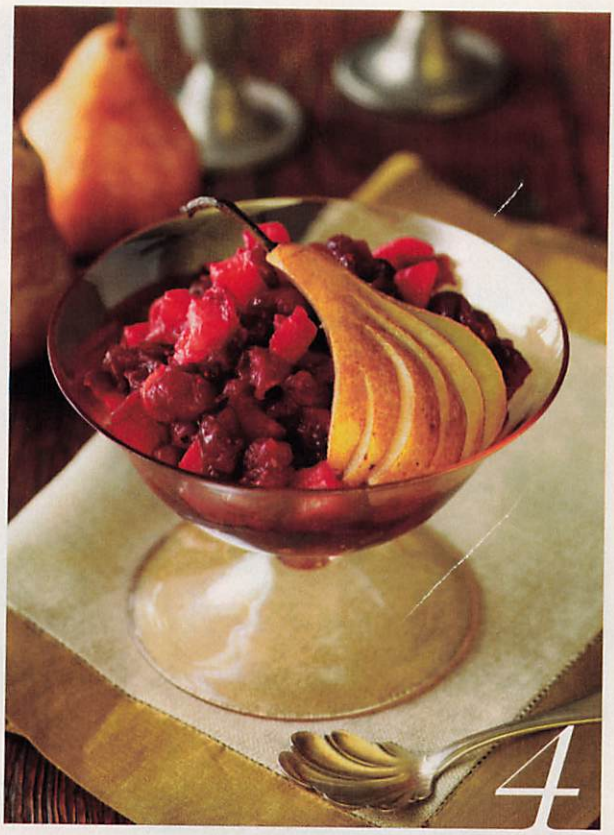
CLASSIC Parsley Mashed Potatoes | *p. 194*

HEALTHY Buttermilk Mashed Potatoes | *p. 192*

TWIST Mashed Potatoes with Root Vegetables | *p. 194*



TWIST Green Beans with Shallots | *p. 194*



HEALTHY Ginger & Pear Cranberry Sauce | *p. 191*

TWIST Squash Soup with Cumin | *p. 194*

CLASSIC Vegetable-Herb Stuffing | *p. 191*

Food styling by Anne Disrude. Prop styling by Scott Horne.

To see the Classic, Healthy, and Twist options for the four dishes above, *TURN TO PAGE 191*

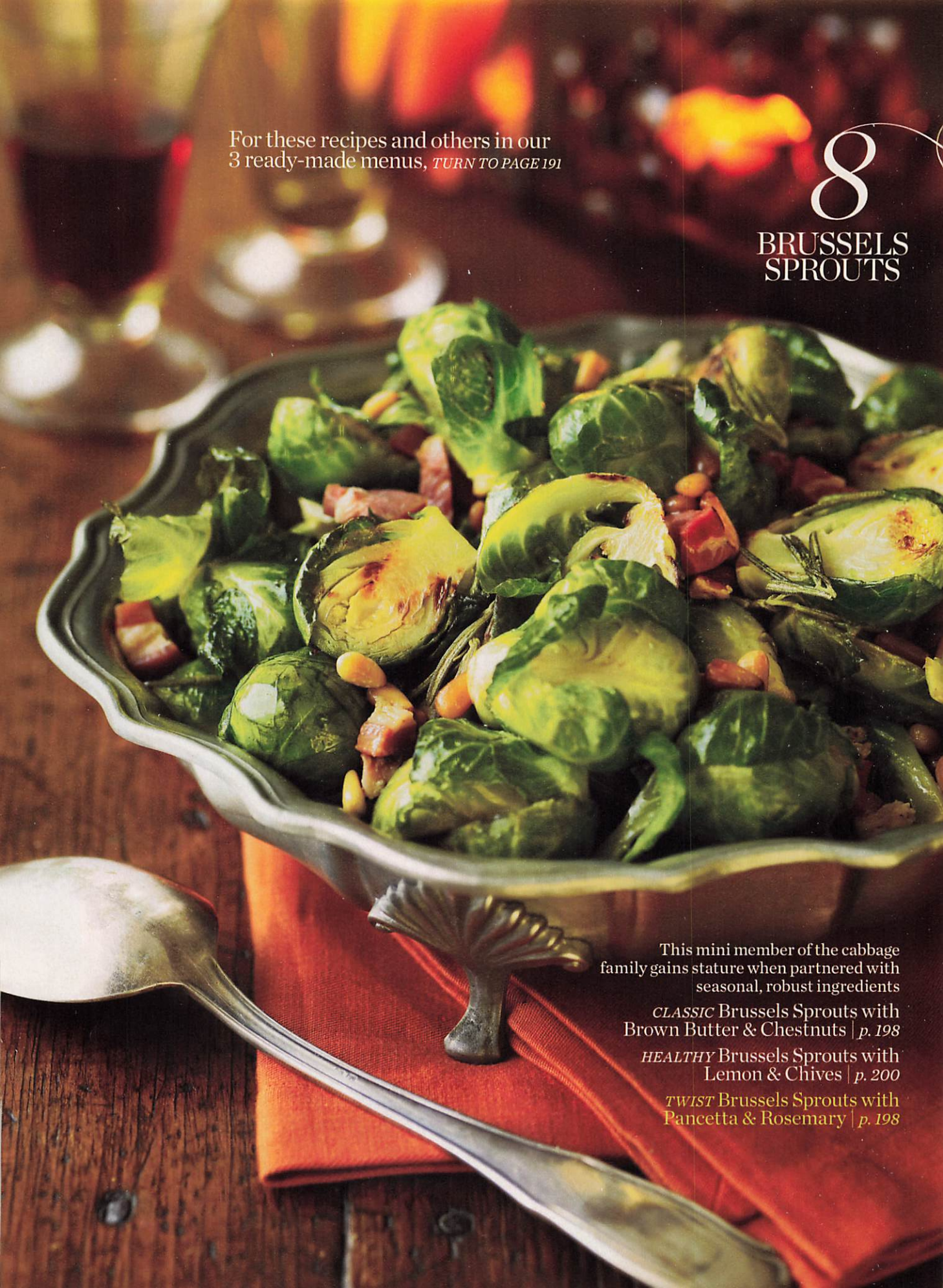
97 SWEET POTATOES

Sophisticated syrups focus the flavor of this no-fuss side dish, which can be assembled the day before

CLASSIC Maple-Cranberry Sweet Potatoes | *p. 196*

HEALTHY Ginger-Almond Sweet Potatoes | *p. 196*

TWIST Butterscotch-Spice Sweet Potatoes | *p. 196*



For these recipes and others in our 3 ready-made menus, *TURN TO PAGE 191*

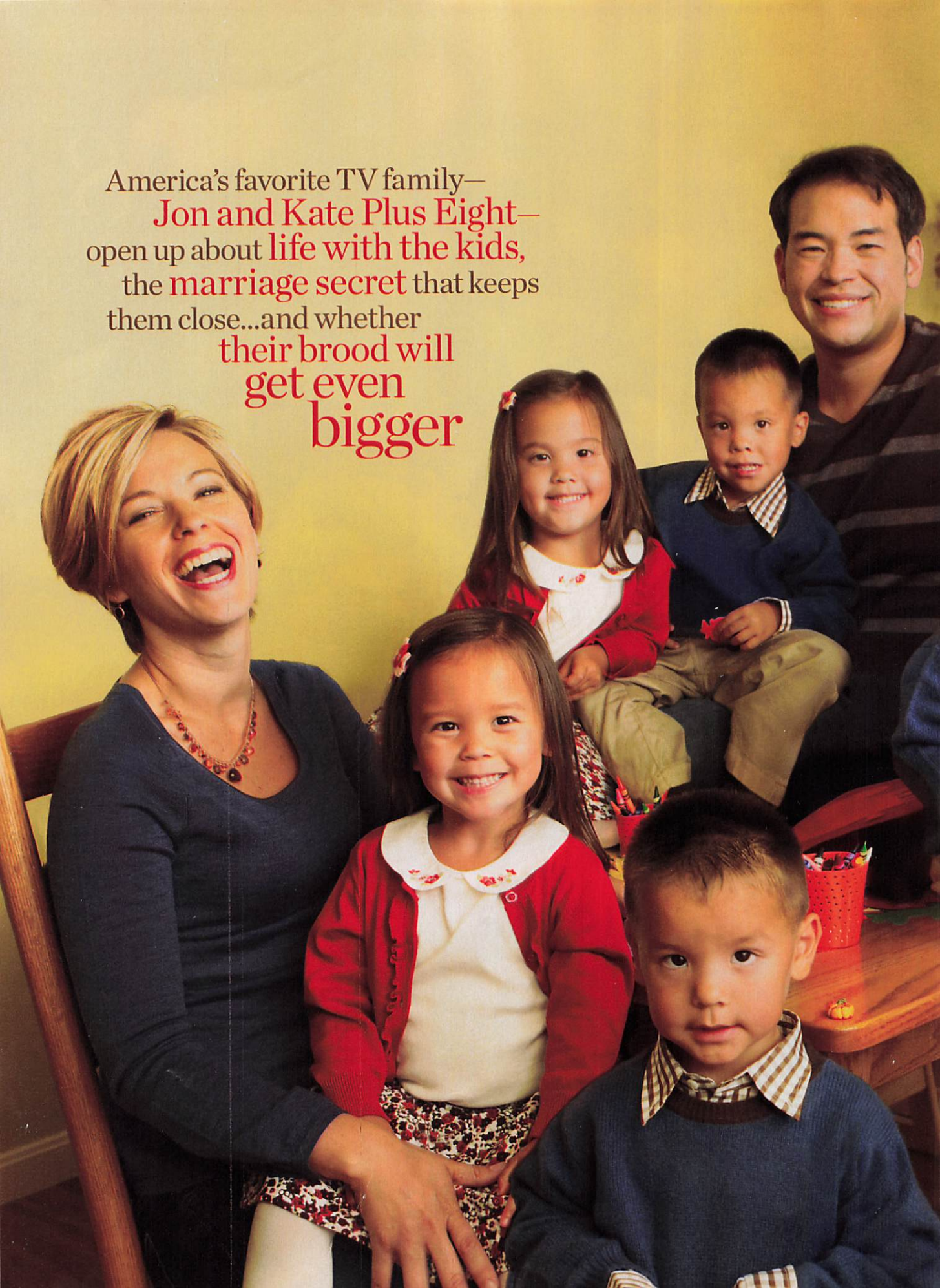
8 BRUSSELS SPROUTS

This mini member of the cabbage family gains stature when partnered with seasonal, robust ingredients

CLASSIC Brussels Sprouts with Brown Butter & Chestnuts | *p. 198*

HEALTHY Brussels Sprouts with Lemon & Chives | *p. 200*

TWIST Brussels Sprouts with Pancetta & Rosemary | *p. 198*



America's favorite TV family—
Jon and Kate Plus Eight—
open up about life with the kids,
the marriage secret that keeps
them close...and whether
their brood will
get even
bigger

a family affair

BY JENNIFER GRAHAM KIZER
PHOTOGRAPHS BY MARC ROYCE

At the garage entrance of the Gosselin family home, there's a handwritten note: "No shoes in the house, please." Lined up across the floor are dozens of pairs, a slipshod rainbow of green Crocs (with frog eyes); red ones (like ladybugs); shiny brown Mary Janes; sparkly silver ballet slippers; bright, rubbery flip-flops; and various others. Also: several bigger pairs (these in boring, grown-up browns and blacks). Clearly, bare feet of all sizes have preceded you inside. Mostly little ones.

You enter through the kitchen, which is pulsing with the energy of a big crowd in a small space. House party energy. "Welcome to the chaos!" yells a cheerful Kate Gosselin from across the room. If you're one of the 24.6 million people who've seen TLC's *Jon & Kate Plus Eight* so far (the show's in its fourth season), you catch her sarcasm-spiked humor. Kate, 33, and her husband, Jon, 31, are raising twins and sextuplets—two 8-year-olds and six 4-year-olds—in this suburban Pennsylvania home. It's a complicated high-wire act in anyone's book, but for three years now, they've done it with TV cameras in tow. Roughly four days a week, a production crew marches alongside the Gosselin kid parade of Cara, Madelyn,

Alexis, Hannah, Aaden, Collin, Leah, and Joel. Attempting to control the chaos is Kate's primary occupation. And with this many kids—talkative kids—it's a challenge, as you discover when the Plus Eight approach.

Leah: "You can hold my doll. It's a boy. His name is Steve, and this is his penguin, Icy."

Aaden [*holding up five fingers*]: "Guess how many stuffed animals I sleep with?"

Joel: "Do you like my haircut?"

Collin [*with Doodle Pro sketch pad*]: "I'll tell you what to draw.... No, make it bigger.... That doesn't look like my mommy."

Mady [*sitting thisclose*]: "These shoes are too big. And I don't like how these socks feel. Do I have to wear them?"

Leah [*planting her hands on her tiny hips*]: "Where's Steve? I told you to watch him!"

Three more kids approach. Ten minutes of this, and even that Old Woman Who Lived in a Shoe would be frazzled. How on earth do the Gosselins do it?

the new normal

A few hours later, Kate and Jon are able to sit down in their remarkably clean living room and chat during the kids' afternoon naptime. This is the Kate seen on TV: on task, but also conscious of the whining that's taking place on the floor above. "Honey, Leah needs her chewy," she tells Jon, pointing to a worn baby blanket on the floor. And the Jon seen on TV dutifully grabs it and heads upstairs. "People come here and say, 'I feel like I'm watching your show,'" says Kate. She widens her eyes in that recognizable way she does when pointing out the obvious. "That's because this *is* our show." It's truly a normal day in their lives.

Well, sort of. "We will never feel normal again, TV show or not," says Kate. "Does anyone see a family with twins and sextuplets every day? No. It took me until the little kids were almost 2 to completely accept it."

That's good news for viewers, because watching the Gosselins' daily life has made for a compelling, strangely comforting TV show—and TLC's highest-rated one. Part of the appeal lies, no doubt, in the fact that this household is busier than yours. In fact, it's one lost sippy cup away from total pandemonium. Surely, Jon and Kate *continued on page 228*

SPECIAL BOOK EXCERPT

Our Decision, Our Destiny

In this exclusive excerpt from their new book,* Multiple Blessings, *Kate Gosselin recalls the day she and Jon learned how many babies she was carrying.

The Friday before Thanksgiving of 2003, as the smooth wand of the ultrasound device rolled over my uterus, I blinked hard and then stared at the bright screen. Instantly my mind scanned the information. I was a nurse. I had had twins. I had also experienced what seemed like hundreds of ultrasounds. There was no mistaking what I saw, yet instantly I was in a state of denial.

As if in a trance, we all just continued to stare, as my doctor began his fateful count. One. Two. Three. Four. I started sobbing and turned to Jon. The chill of reality washed over me as I watched my husband—my best friend, cheerleader, and storehouse of strength—slowly drop to his knees at the count of five. He couldn't bear to look anymore. I really don't think anybody wanted to look anymore, but the count continued. Six. Seven. Letter G. Yes, the life-changing fuzzy little blips were being named A, B, C, D, E, F, and G.

There was a slight upward lilt in the inflection of the doctor's voice as he tried to sound positive. I think as much for his own comfort as for mine, he went on to explain that he was able to detect a fetus in "just" four of the embryonic sacs. As Jon and I tried to catch our breaths, a nurse with 25 years of experience turned to me and with quiet truth gently said, "Kate, in all

Photographs: from top left: courtesy of the Gosselin family (3); Gary Dwight Miller/AP Photo; Amy Sussman/Getty Images.

WHOA, BABY!
The saga begins (*from left*): Wedding day, June 12, 1999; double happiness in October 2000 with newborn twins, Mady, in Dad's arms, and Cara, with Mom; Kate's waist—an unbelievable 54 inches by sextuplet delivery day May 10, 2004; the Wonder Mom hanging with her beloved crew in 2005; showing off her little ones in the Big Apple, April 2008

From *Multiple Blessings*. Copyright © 2008 by Kate Gosselin and Beth Ann Carson. Reprinted by permission of Zondervan Publishing Company. Order books at zondervan.com.

these years, I have never seen this many sacs on an ultrasound."

At that moment I felt like lunging at her and shrieking "take it back," like I did when I was just a kid having a fight with my brother. I didn't, of course, and couldn't because I knew her words were like a bad-tasting medicine given to me for my own good. I needed to sit up and think about this harsh dose of truth.

We sat in a stunned silence, which was abruptly broken as the doctor calmly stated, "Kate, when you're done here, come into my office, and we will talk about selective reduction." I grabbed the sides of the exam table and shot up onto my elbows and yelled, "We will never do that!" I felt my first fierce surge of motherly protection over my unborn babies—whether there were two, four, or even seven of them.

As I got dressed, I had an almost unbearable urge to lace up my sneakers and run. But then it struck me, the problem would come with me. Wherever I went and whatever I did from this day forward, I knew that potentially seven innocent lives were relying on me.

I resolutely sat in the doctor's office, and he and I went head-to-head as he offered grim details of how my life would be at risk. I could die. What about my two sweet little girls at home? The risks for my seven babies also were huge. Assuming they got to a viable gestational age, they still stood the risk of suffering premature lungs, blindness, cerebral palsy, and mental retardation—just to name a few possibilities.

I was not swayed.

Tell me how I, as a mother, would go about "selecting" which beating heart to snuff out as if it were just a candle.

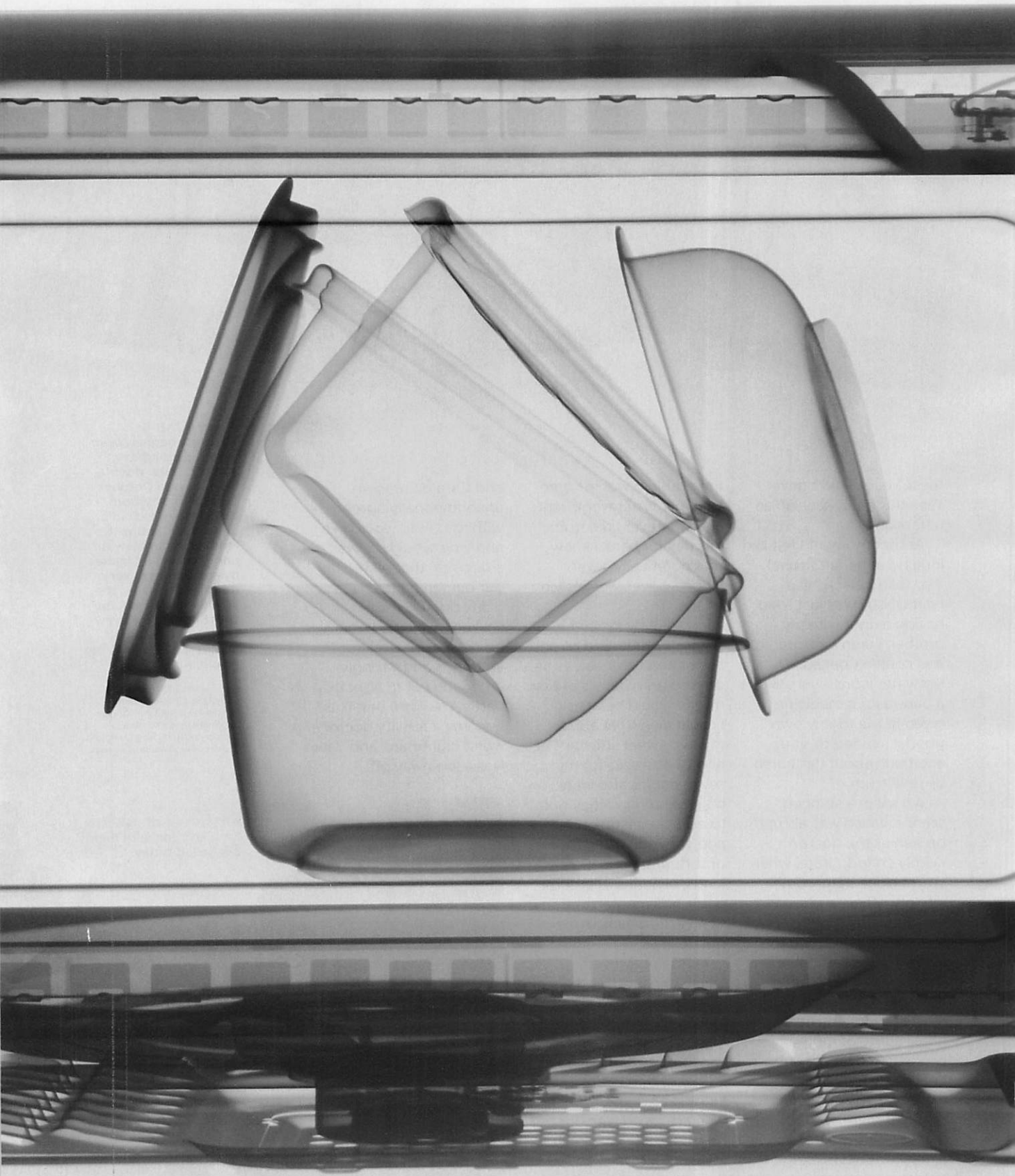
Please don't think I am judging all of the women who are faced with this horrible decision. I can only answer for myself.

Jon, even at the risk of losing me and raising Mady and Cara on his own, unconditionally agreed with me. Who would live and who would die was not a decision that rested in our human hands.

My doctor, visibly shaken, stood and pounded his fists on his desk for emphasis and strongly urged me not to fight this battle. I realized that I had become a fertility doctor's worst nightmare, and dawn was a long way off.

ARE YOU KIDDING ME?
Kate and Jon with their big brood today

Hair by Alejandra for Phyto/artistsbytimothypriano.com. Makeup by Sue Pike for sallyhairbr.com. Prop styling by Scott Horne. Wardrobe styling by Sarah Conroy. For full credit information, please see page 234.



Is It Safe to Heat Food in Plastic?

To get behind the hype, *Good Housekeeping* tested 31 containers, lids, bags, wraps, and liners. What we found was reassuring—but to really protect your family, there's more you need to know

My kitchen is probably similar to yours—filled with products that help me get dinner on the table fast. I have cans of beans and tomato paste on my pantry shelves. In the fridge, there's usually a collection of leftovers—last night's lasagna, some barbecued chicken the kids didn't finish—in dishes covered with plastic wrap, ready to eat after a zap in the microwave. I sometimes buy food and drinks in plastic containers, I've been known to chop on a plastic cutting board, and I carry water around in a plastic bottle. So I've grown increasingly alarmed over news stories on plastics in recent months. First, reports quoted scientists and environmental groups saying that the same containers and wraps that have made life so convenient may contain chemicals that can pose dangers to health: bisphenol A (BPA), which, among its many roles, is used to make a type of hard plastic, and certain phthalates (pronounced THAL-ates), a wide

BY FLORENCE WILLIAMS
PHOTOGRAPH BY DAVID ARKY

range of chemicals that, among *their* many uses, soften plastic.

Quickly, as the media coverage intensified, manufacturers and retailers took up the charge: Last spring, just when I was packing my kids' lunches with Nalgene water bottles, the company announced it was phasing out bottles made with BPA. Many retailers have decided to stop selling toys and other kids' products with BPA and phthalates, and a growing list of companies, including P&G and Nike, have been taking phthalates out of everything from beauty products to sneakers.

Lawmakers have jumped into action, too. California, Washington State, and Vermont, for example, have limited the allowable amount of phthalates in children's products, and Congress added a partial phthalate ban to its new consumer-protection law, passed in August. But while legislators have been scurrying to pass protective laws, the federal agencies entrusted with overseeing our health have been slow to respond—and maddeningly vague when they do. In 2007, an expert panel was commissioned by the National Toxicology Program at the National Institute of Environmental Health Sciences, which evaluates chemicals for safety. The panel issued the reassuring statement that it had "minimal concern" about most human health effects from BPA, though it acknowledged "*some* concern for neural and behavioral effects in fetuses, infants, and children at current human exposure." But after it was reported that a consulting group used by the panel had ties to the industry, NTP scientists revised these findings, raising the level of concern.

It's enough to make a mom toss up her hands—and toss out all the plastic in the house.

Or maybe just in the kitchen? The biggest worry has been over BPA and phthalates getting into food and drinks (and into toys small children chew on). Most of us aren't eager to sacrifice the ease and cleanliness of plastic. But we need more definitive answers than the authorities have been giving us. That's why the Good Housekeeping Research Institute undertook testing of widely available storage containers, bags, wraps, frozen-entrée trays, and slow-cooker liners to see if these chemicals were, in fact, migrating into food—a kind of real-world investigation that would help moms decide just how cautious they need to be.

If the chemicals are getting into food, we need to understand what

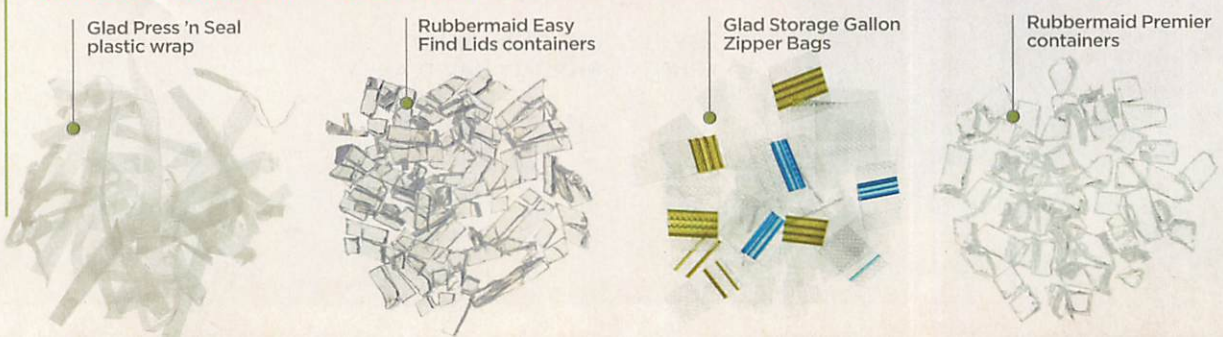
HOW WE DID OUR TESTING

The Good Housekeeping Research Institute—led by two directors, Sharon Franke and Birnur K. Aral, Ph.D., and working with an independent laboratory—undertook a five-month investigation to see if plastic storage containers, wraps, bags, frozen-entrée trays, and liners for slow cookers contained BPA and phthalates and, if so, whether these chemicals, when heated, were getting into food.

1. Technicians **shredded** the items into thousands of bits (similar to those below), then analyzed them to see whether BPA and phthalates were present from the outset. Only those that tested positive would be used in later tests. Four items, *below,* had low levels of the chemicals: Rubbermaid Premier containers (12 micrograms of BPA per gram), Rubbermaid Easy Find Lids containers (5 mcg of BPA per gram), Glad Storage Gallon Zipper Bags (5 mcg of BPA per gram), and Glad Press 'n Seal plastic wrap (12 mcg of BPA per gram, 6 mcg of phthalates per gram).

2. Next, chemists **tested the four suspect products** using food simulants—chemicals designed to interact with plastics just as real food would. (Guidelines from health agencies, like the FDA, call for use of simulants in safety tests.) The results: No detectable BPA or phthalates migrated into the simulants.

3. For a **real-life test,** GHRI chose Old World Style Ragú Traditional Smooth Pasta Sauce and Heinz Home Style Gravy Savory Beef, popular products that many of us heat in the microwave. (The Glad Storage Bags weren't included in this final, heated-food test, because home cooks likely wouldn't use them for this purpose.) We checked the actual food first, to make sure neither the sauce nor the gravy contained BPA or phthalates. And to make the conditions as close to a home kitchen as we could, we also tested used containers; ours had gone through 30 rounds of heating in the microwave and 30 cycles in a dishwasher. **Our findings: None of the food samples we tested had either BPA or phthalates in them after microwaving.**


Glad Press 'n Seal plastic wrap
Rubbermaid Easy Find Lids containers
Glad Storage Gallon Zipper Bags
Rubbermaid Premier containers

Photographs by PHILIP FRIEDMAN/STUDIO D; J MUCKLE/STUDIO D.

that means for our health. And if they're not, we'd like to stop hyperventilating. The GHRI tests turned up good news. But a review of additional recent research yielded other unsettling questions, particularly about hormonally related ills. Both the tests and the research point to the smartest ways to keep our families safe.

WHERE CHEMICALS LURK

Many hadn't heard of bisphenol A before it grabbed the headlines earlier this year, but the chemical has been in our lives for decades. Not only is it used to make hard-plastic food containers and baby bottles, but it's also found in eyeglass lenses, compact discs, electronics, and a slew of other common, everyday items. Used in the plastic-like coating that lines food and beverage cans, BPA helps buffer the contents from cans' corrosive metals and extends the products' shelf lives. And when these containers and cans and bottles and CD cases end up in landfills, BPA can leach into rivers and streams, possibly reentering our homes—and bodies—through tap water. The chemical has also been found in household dust, where it settles as plastic products break down and scatter microscopic particles. We all touch it and breathe it in; crawling babies, who put everything in their mouths, may absorb even more.

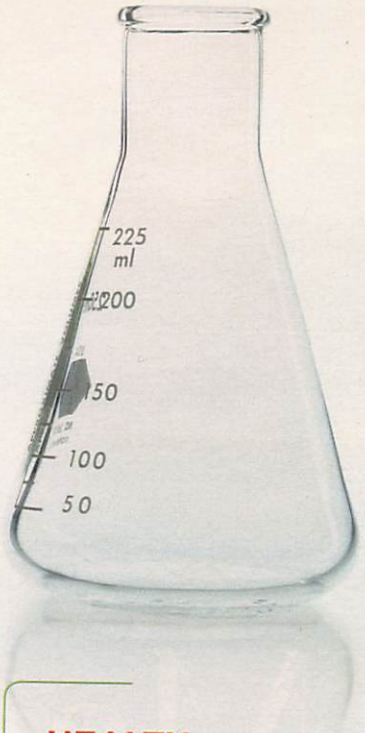
But our highest exposure comes from our daily diet, reports the National Toxicology Program. Molecules of BPA can migrate from containers into food, especially, say experts, when the containers are heated and the foods are acidic (like tomatoes) or fatty (like gravy). That's why GHRI used those two food types for its tests—plus, these items are commonly heated in a microwave (see "How We Did Our Testing," page 160). Just as a mom might prepare her family's dinner in her kitchen, GHRI scientists, working with chemists at an independent lab, heated samples of Old World Style Ragú Traditional Smooth Pasta Sauce and Heinz Home Style Gravy Savory Beef in the microwave in two different widely available storage containers and in glass bowls covered with a commonly used plastic wrap. Why these? In pretesting, low levels of BPA had turned up in the two containers—Rubbermaid Easy Find Lids and Rubbermaid Premier. One plastic wrap, Glad Press 'n Seal, had tested positive for low levels of both phthalates and BPA. (A fourth item, Glad Storage Gallon Zipper Bags, was found to contain low levels of BPA, but was eliminated from food testing since it's unlikely that anyone would use the bags for heating liquid foods like pasta sauce or gravy.)

Studies of endocrine disruptors have found serious health effects at levels that are *25 times lower* than the government's safe level

The results: When food was heated in these containers in the microwave (or, in the case of Press 'n Seal, in a glass bowl covered with the wrap prior to microwaving), all three suspect products passed: "No detectable amounts" (to use the scientific phrase) of BPA or phthalates wound up in either the tomato sauce or the gravy.

While this is terrific news, there's more you should understand. For one thing, we know we have these chemicals in our bodies, and they're getting there *somehow.* Indeed, nearly every American has BPA coursing through his or her veins, according to data gathered in 2003–04 by the Centers for Disease Control and Prevention—and children have the highest levels of all.

continued on page 224



HEALTH HAZARDS

The chemicals in plastics that worry many researchers can wreak havoc with our hormones, and may cause changes in cells that can lead to abnormal development or illness. Here are the primary areas of concern.

> **Sexual development** Exposure to BPA has been linked to reproductive abnormalities in wildlife and lab animals. Phthalate exposure in humans has been linked to similar problems.

> **Obesity and diabetes** Exercise and diet are still key, but exposure to endocrine-disrupting chemicals may play a role in soaring rates of overweight and diabetes.

> **Cancer** BPA can cause changes in breast, ovarian, and prostate cells, which may lead to malignancies.

> **Early puberty** There's growing evidence that exposure to endocrine-disrupting chemicals is causing girls to mature at younger ages.

Photograph by Mark Viker/Getty Images

Click Here For a complete list of the products tested by GHRI, go to goodhousekeeping.com/plastics

Mad for PLAID

This notice-me pattern doesn't have to spotlight figure flaws. We've found the styles and silhouettes designed to flatter any size, shape, or age

Photographs by Stephanie Rausser

CHECK Mates
Overscale, high-contrast tartans can flatter—if the pieces are playful and outdoorsy, like these sporty rubber rain boots and this body-friendly cape. From left: *Boots, $80, Chooka. Sweater, $128, Boden. Jeans, $69, Liz Claiborne. Scarf, Apt. 9. Gloves, Fownes. Cape, $178, Talbots. Turtleneck, $30, Coldwater Creek. Corduroys, $90, Lauren Jeans Co. Gloves, Gap.*

Matched **SET**

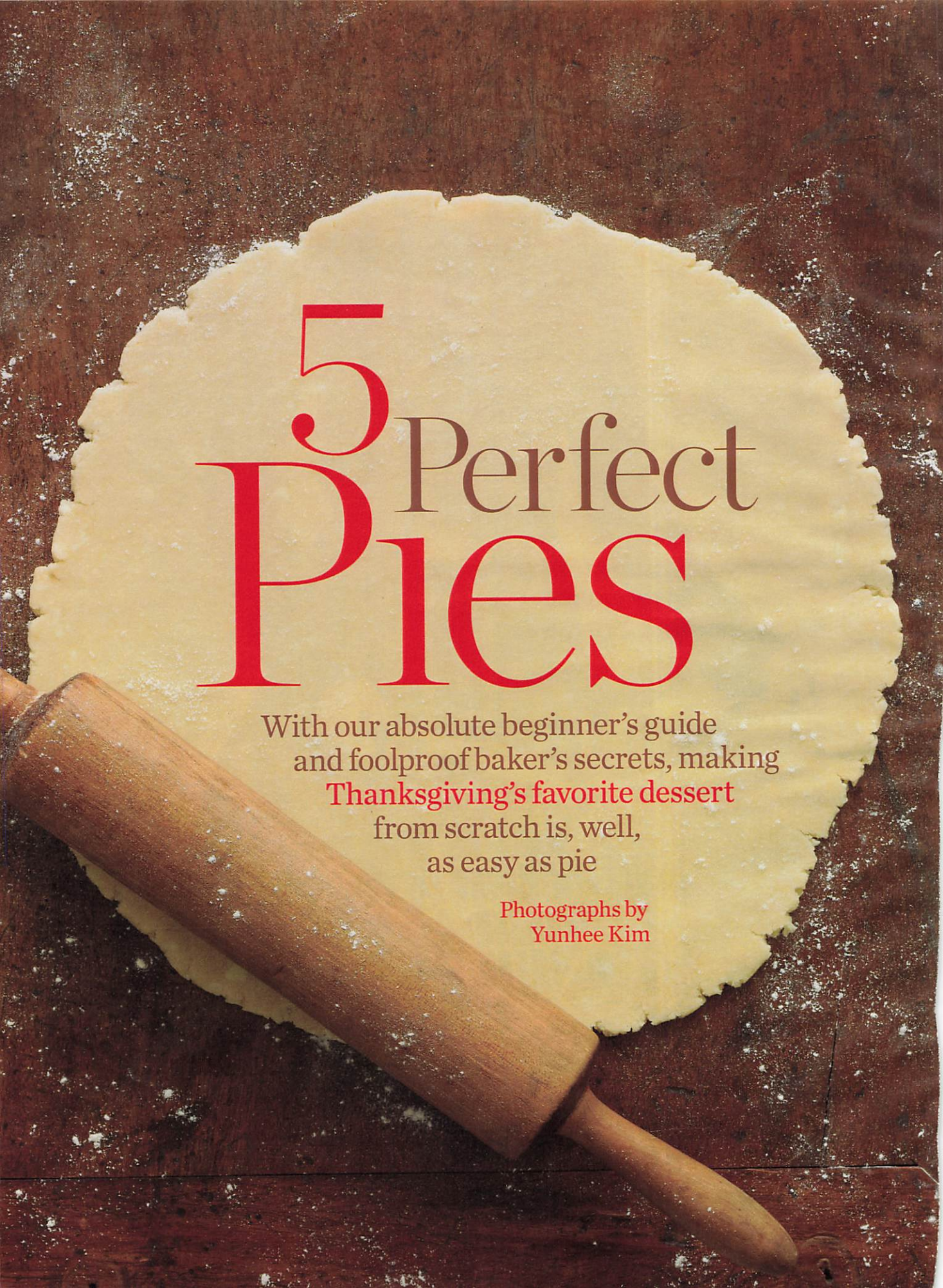
Perfectly aligned stripes telegraph sharp sophistication—and elevate this notch-neck dress to forever-chic status. *Dress, $158, Donna Ricco. Cardigan, $50, Uniqlo. Earrings, In2 Design. Gloves, Buji Baja.*

Work the **ANGLES**

Positioned on the diagonal, this bold plaid is surprisingly forgiving: Its colorful, crosshatched lines keep the eye roving and camouflage figure flaws. *Skirt, $109, Jones New York Signature. Sweater, $49, J.Jill. Earrings, Silpada. Belt, American Living for JCPenney. Boots, Cole Haan.*

Hair by Alejandra for artistsbytimothypriano.com. Makeup by Sue Pike for sallyharlor.com.

SHOPPING DETAILS, page 234



5 Perfect Pies

With our absolute beginner's guide and foolproof baker's secrets, making Thanksgiving's favorite dessert from scratch is, well, as easy as pie

Photographs by Yunhee Kim

Double-Crust Apple Pie

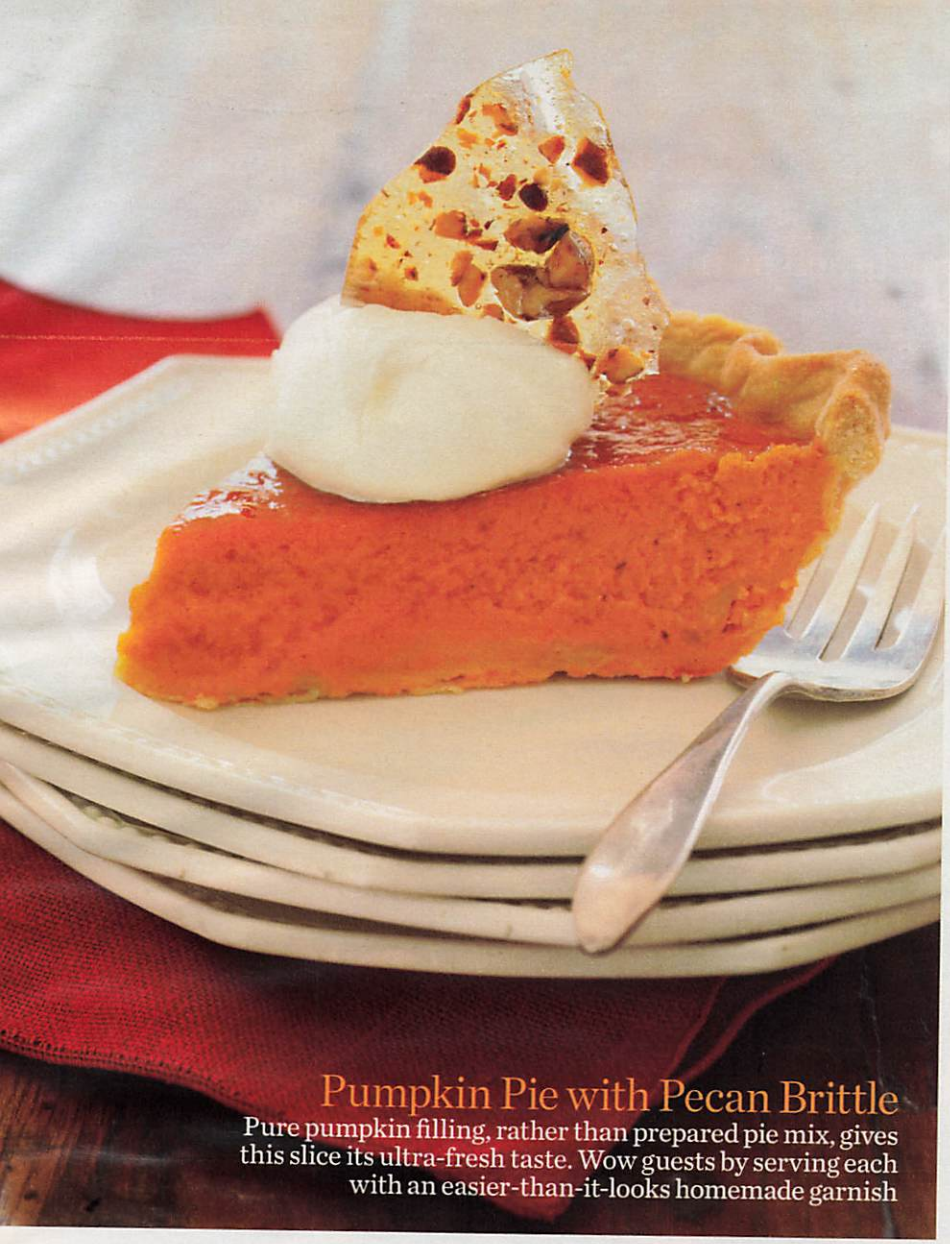
For a delectable tart-and-sweet flavor, use a mix of Granny Smith, Braeburn, and Golden Delicious apples

Click Here Find 15 more delicious holiday dessert recipes at goodhousekeeping.com/pumpkin

Old-Fashioned Pecan Pie

Pop the pecans in a 350°F oven for 10 minutes before adding to the filling to intensify their nuttiness and crunchiness

For these recipes and more, see page 205



Pumpkin Pie with Pecan Brittle

Pure pumpkin filling, rather than prepared pie mix, gives this slice its ultra-fresh taste. Wow guests by serving each with an easier-than-it-looks homemade garnish

BAKER'S SECRETS

- **To avoid overworking the dough—** and ending up with a leaden, anything-but-flaky crust—minimize mixing, rolling, and handling. For instance, with our recipe (see page 215), which uses a food processor to combine the ingredients quickly and conveniently, pulse the flour and fat until they're barely moistened, rather than selecting the continuous "on" setting.
- **Keep ingredients as cold as possible.** Otherwise, the butter and shortening will be too soft for the shell to hold its shape during baking. For optimal conditions, work in a cool kitchen, measure out the water for mixing and pop it in the freezer until you need it, and wash your hands in cold water before working with the pastry.
- **Go sparingly on the flour you use** for rolling out the dough—too much, and the crust will be dry and fall apart. Scatter just enough flour so that the dough doesn't stick to the rolling pin or rolling surface.
- **A beautifully browned crust isn't** always the best indicator of doneness—instead, check the condition of the filling. Fruit pies are ready to come out when the boiling juices bubble through the openings or slits in the crust; for custard pies like pumpkin, insert a knife two inches from the crust's edge—if it comes out clean, it's ready.

For instructions on how to create a beautiful crust edge, see page 212.

Pear-Cranberry Lattice Pie

Add a few drops of lemon juice to brighten and balance the fruits. Then brush the crust with a beaten-egg glaze to create a bakery-worthy golden sheen

Dark Chocolate–Walnut Caramel Pie

To whip the perfect billowy topping for this luscious pie, beat cream until it forms soft peaks that droop. And skip the sugar—unsweetened whipped cream best complements the no-bake chocolate filling

Food styling by Sara Neumeier. Prop styling by Loren Simons.

No wonder the other vegetables are green with envy.

We beans* have more protein and fiber than any other vegetable.

Bush's® Herb Garlic Beans and Vegetables with Grilled Chicken

Other vegetables just can't compare to beans. Like other vegetables, beans provide important nutrients. But, beans* have more protein and fiber than any other vegetable. And they taste incredible.

Beans. The vegetable with more.®

*And legumes. Source: USDA Food and Nutrient Database for Dietary Studies (2.0) based on combined grams of fiber and protein for Reference Amount Customarily Consumed. ©2008 Bush Brothers & Company

eWithMore.com to check out these and 1,000 more recipes,
eat dishes rated as favorites by the Bush's® Beans Moms and Kids Panel.

Great as a side.

Bush's® Herb Garlic Beans and Vegetables with Grilled Chicken

2 tablespoons olive oil
1 small onion, chopped
1 small celery stalk, chopped
1 small carrot, chopped
1 clove garlic, chopped
1 (16 oz.) can BUSH'S® Red Kidney Beans, rinsed and drained
1 (16 oz.) can BUSH'S® Black Beans, rinsed and drained
1 (15 oz.) can BUSH'S® Pinto Beans, rinsed and drained
1/2 cup chopped canned whole tomatoes
1 teaspoon fresh thyme
2 teaspoons white wine
Salt and pepper to taste

1. Heat oil in medium sauté pan. Add onions, celery and carrots.
2. Cook over medium heat until tender, adding garlic during last two minutes.
3. Add beans, tomatoes, thyme and wine. Salt and pepper to taste.

Note:
Serve alongside grilled chicken breasts prepared with your favorite seasoning or marinade.

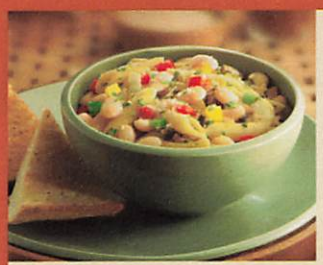
Bush's® Red, White and Bean Minestrone

1 tablespoon extra virgin olive oil
1 cup Italian turkey sausage, cut into small pieces
2 tablespoons tomato paste
1 cup chopped onion
1 cup chopped celery
2 tablespoons minced garlic
1 cup chopped carrots
1 teaspoon dried oregano
1 can (16 oz.) chopped canned tomatoes
5 cups chicken stock
1 can (15.5 oz.) BUSH'S® Cannellini Beans with liquid
1 can (16 oz.) BUSH'S® Red Kidney Beans, drained
2 cups zucchini cut into 1/2 inch pieces
2 cups baby spinach
1 cup cooked bowtie pasta
2 tablespoons pre-packaged pesto
2 tablespoons fresh grated Parmesan cheese

Super in soups.

1. Heat olive oil over medium heat in a medium sauté pan. Add sausage, brown well.
2. Add tomato paste, cook 5 minutes until brown.
3. Add onions, celery, garlic, carrots and oregano. Cook until garlic is aromatic, approx. 5 minutes.
4. Pour into a 4-quart slow cooker. Add tomatoes and chicken stock.
5. Cook on low setting for 6–7 hours or until the vegetables are tender.
6. Stir in beans, zucchini, spinach and cooked pasta. Cook on high setting for 8 minutes or until beans and pasta are warmed through and spinach has wilted.
7. Pour the soup into bowls. Top with a little pesto and fresh grated Parmesan cheese.

Perfect for pasta.



Bush's® Rockin' Rainbow Pasta

2 tablespoons extra virgin olive oil
3 tablespoons minced garlic
1 (15.8 oz.) can BUSH'S® Great Northern Beans, drained and rinsed
3 cups diced assorted bell peppers
1 lb. penne pasta, cooked according to box directions (reserve the pasta water)
4 tablespoons thinly sliced, seeded pepperoncini
5 tablespoons canned, chopped, black ripe olives
4 tablespoons chopped parsley
4 tablespoons lemon juice
4 tablespoons grated Parmesan cheese
Salt and pepper to taste

1. Heat olive oil in a medium sauté pan over low heat. Add garlic, cook 3 minutes. Increase heat to high, add beans and peppers. Sauté 5 minutes, season with salt and pepper. Meanwhile, cook pasta in a large pasta pot according to directions.
2. Drain cooked pasta and reserve 1/2 cup of pasta water. Add pepperoncini, olives, parsley, lemon juice and bean and pepper mixture to the large pasta pot, add pasta and water, toss well. Add salt and pepper to taste. Pour in a large serving bowl and sprinkle Parmesan cheese on top.
3. Serve hot or cold. Let sit in refrigerator for 1 hour to serve cold.

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Surprise. It's lower sodium.

Campbell's® Healthy Request® Soups
— all 25 choices —
have our lower sodium natural sea salt
added for taste you can actually taste.

Susan Westmoreland, food director, GHRI

goodfood

HOW TO MAKE EVERYTHING BETTER

Ask Susan

Q: Can you really microwave chestnuts? I'd like to try it for my turkey stuffing.

Lainie Andrew, Burlington, VT

A: Sure. No need to spend a half hour boiling the nuts stovetop when just a quick zap will cook them—and keep them perfectly moist. Start with a pound of chestnuts, and cut an "x" through the skin on the flat side of each one to help release it from its skin when peeling. Then place them in a bowl with a tablespoon of water. Microwave on High for 3 minutes. Cover and let stand 2 minutes. Peel while still warm. It should yield about 2 cups peeled.

Q: What's the best way to store leftover wine?

Cate Conmy, San Francisco

A: The easiest way to protect wine from oxygen, which destroys its fruit and dulls its flavor, is to fit the original cork snugly back in the bottle (or screw on the top). This should keep your vino fresh for a day or two. For longer storage, you may want to invest in a Vacu Vin Wine Preserver ($10, vacuvin online.com), a simple vacuum pump with rubber stoppers that can extend wine's shelf life for up to a week. And don't forget to store leftover wine at its serving temperature—refrigerate white and sparkling wines, and keep reds at cool room temperature (65 degrees or below).

Sausage & Polenta

Total time 30 minutes
Makes 4 main-dish servings

- 1 log (16 oz.) plain precooked polenta, cut into 8 rounds
- 2 Tbsp. grated Pecorino Romano cheese
- 12 oz. Italian turkey sausage (4 links), casings removed
- 2 med. zucchini (8 oz. each), cut into 1-in. chunks
- 1 med. yellow pepper, cut into 1-in. chunks
- 1 c. marinara sauce

1. Preheat broiler. Line cookie sheet with foil sprayed with nonstick cooking spray. Place polenta on prepared sheet; place in oven 5 to 6 inches from source of heat. Broil polenta 10 minutes or until golden, without turning over. Sprinkle polenta with cheese; broil 1 minute or until cheese melts.

2. Meanwhile, spray 12-inch nonstick skillet with nonstick spray; heat on medium until hot. Add sausage; cook 8 minutes or until browned, breaking up sausage with side of spoon. Add zucchini and pepper; cook 3 minutes or until vegetables are tender-crisp, stirring often. Add marinara and ¼ cup water; simmer, covered, 8 minutes.

3. Place 2 polenta rounds on each of 4 plates; top with sausage sauce.

EACH SERVING About 300 calories, 21 g protein, 28 g carbohydrate, 11 g total fat (3 g saturated), 4 g fiber, 53 mg cholesterol, 1,100 mg sodium.

Photographs, clockwise from top left: SQUIRE FOX; KATE MATHIS, food styling by Anne Disrude, prop styling by Scott Horne; LARA ROBBY/STUDIO D (pepper, zucchini, sausages, cheese, polenta).

Click Here Send questions to Susan@goodhousekeeping.com

5 ideas for... FRESH CRANBERRIES

Homemade cranberry sauce will always have a place of honor beside the Thanksgiving turkey. But a bag of these fresh, tart berries can have many other roles. Here are five, from an appetizer to dinners and desserts.

1 **Garnet Bruschetta** In microwave-safe 1-qt. bowl, combine 1 c. cranberries and 3 Tbsp. hot red pepper jelly. Microwave on High 2 minutes or until cranberries begin to pop; cool to room temperature. Spread ¾ c. goat cheese on 24 Melba toast rounds; top with cranberry mixture, then sprinkle with 3 Tbsp. slivered fresh basil leaves. Serves 6.

2 **Ruby Chicken** Spray 12-in. nonstick skillet with nonstick cooking spray; place over medium heat. Add 4 lg. bone-in skinless chicken thighs (1½ lbs.); cook 10 minutes to brown both sides. Add 1½ c. cranberries, ¾ c. pineapple jam, and 1½ tsp. grated peeled fresh ginger. Cook, covered, 5 minutes until some berries pop. Stir in 3 green onions, sliced, and ¼ c. water; cook 2 minutes or until thighs are cooked through. Serve with rice. Serves 4.

3 **Linzer Waffle Sundaes** In microwave-safe 2-qt. bowl, combine 2 c. cranberries, ⅔ c. packed brown sugar, 2 Tbsp. water, and ¼ tsp. ground cinnamon. Cover with vented plastic wrap, and microwave on High 3 minutes or until berries begin to pop. Toast 4 frozen Belgian waffles. Top warm waffles with 1 pt. vanilla ice cream, then cranberry sauce. Serves 4.

4 **Tangy Taco Filling** In 12-in. nonstick skillet, cook 1 lb. lean ground beef on medium 8 minutes or until no longer pink, breaking up meat with side of spoon. Drain off fat. Stir in 1 can (10 oz.) mild enchilada sauce, 1 c. cranberries, and 3 Tbsp. ketchup; cook 6 minutes to thicken. Stir in ¼ c. chopped fresh cilantro leaves. Serve with warm tortillas and sour cream. Serves 4.

5 **Cranberry Coffee Cake** Preheat oven to 400°F. In 9" by 9" metal baking pan, melt 5 Tbsp. butter or margarine in oven. Spoon 3 Tbsp. butter from pan into large bowl; whisk in ¾ c. water, ½ c. sugar, and 2 lg. eggs. Stir in 2½ c. reduced-fat baking mix just until combined. Top butter remaining in pan with 1 bag (12 oz.) cranberries; sprinkle with ⅔ c. sugar. Spread batter evenly over ingredients in pan. Bake 35 to 40 minutes or until toothpick inserted in center comes out clean. Cool cake in pan 25 minutes, then loosen edges with knife and invert onto plate. Serves 9.

WHAT ELSE CAN IT DO?

VEGGIE PEELER

Don't underestimate this simple, swivel-bladed tool. For many kitchen tasks, it's handier than a knife (and because the sharp edges face inward, it's safer, too). To expand its repertoire:

- **Create elegant chocolate curls** or coconut shavings to garnish cakes and other desserts
- **Garnish your Caesar salad** with wisps of Parmesan or Romano cheese. Thinly slice semi-hard cheeses, like Cheddar or Gouda, for grilled cheese sandwiches and panini
- **Remove foil tops from wine bottles.** Make one quick peel at the bottle's top edge, and pull away the cap
- **Don't stop at the peel.** Slice zucchini or carrots lengthwise; sauté in a bit of butter till tender for a yummy side

MAKE IT EASY!

Thanksgiving 911

Let our two-week Thanksgiving Countdown take the worry out of your big meal! Find an easy day-by-day guide to getting it all done at goodhousekeeping.com/thanksgiving.

Photographs, from top right: PHILIP FRIEDMAN/STUDIO D; Michael Paul/StockFood

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CLIP AND SAVE

How Do I Know if It's Done?

Learning how to check for doneness in all types of foods is the key to making every meal turn out just right. Here, the basics

Steaks

No need to slice into the meat; just touch the top of the steak, comparing it to the resistance of your palm. Use these guidelines:

- For rare, **press your right index finger into the palm of your open left hand** below your thumb. It'll be soft. (Note: This is the spot you'll touch with your right index finger for each of the following tests, during which you touch different fingertips on your left hand to your left thumb.)
- For medium-rare, **touch the tip of your left index finger to your left thumb.** Press the area on your left palm again. It's soft but with less give.
- For medium, medium-well, and well-done, **follow with the middle, ring, and pinky fingers**—the spot on your palm tightens as you reach the pinky.

FISH FILLETS & SHRIMP

With most fish, you're looking for the fillet to be opaque throughout. Shrimp should be pink on the outside and opaque in the center.

- For thinner fillets, such as red snapper, sea bass, or catfish, **once the outside is opaque,** the fish is done.
- For thicker fillets, like salmon, cod, or Alaskan pollock, **gently insert a small, thin knife into the thickest part of the fillet** to see if it's opaque throughout.
- For shrimp, **boil, sauté, or grill them in their shells** to keep in the most flavor. If using for shrimp cocktail, drain and rinse shrimp with cold water.

Stews & Pot Roasts

Beef, pork, lamb, and other meats in braised dishes need to cook longer to break down the connective tissue.

- **Insert a fork into the meat.** If it's tender throughout, and pulls apart with no resistance, it's done.

Green Vegetables

There's a fine line between undercooking and overcooking crunchy green veggies, particularly if you're steaming or boiling. Check them first after they've cooked 3 to 4 minutes to see if they're getting close.

- Steam or boil until broccoli, green beans, asparagus, etc., are tender but still have a small amount of crispness. To test: **Pierce one piece with the tip of a sharp knife, or take a small bite—** it should resist just slightly.
- To stop cooking and maintain color, **rinse with cold water** immediately after draining.

Chicken Breasts

Boneless chicken breasts—a great lean choice—are easy to overcook. They should end up moist and juicy, not dried out.

- If you have an instant-read thermometer handy, **insert it horizontally at the thicker end of the breast,** and stop cooking when it reads 165°F.
- Or if you'd like a simpler test, follow the tips for steak doneness, *above,* and cook the chicken breast until it **passes the test for a well-done steak.**
- Last resort: **Pierce the chicken breast** with the tip of a sharp knife; if the juices run clear, it's done.

PASTA

Forget about throwing spaghetti against the wall; if it sticks, it's *over*cooked. Do as the Italians do: Start testing early—two-thirds of the way through the cooking time.

- **Take a taste!** It should be al dente—tender but still firm and chewy, with no white core at the center.

Photographs, from top: istockphoto.com; Hamiza Bakirci/istockphoto.com (asparagus).

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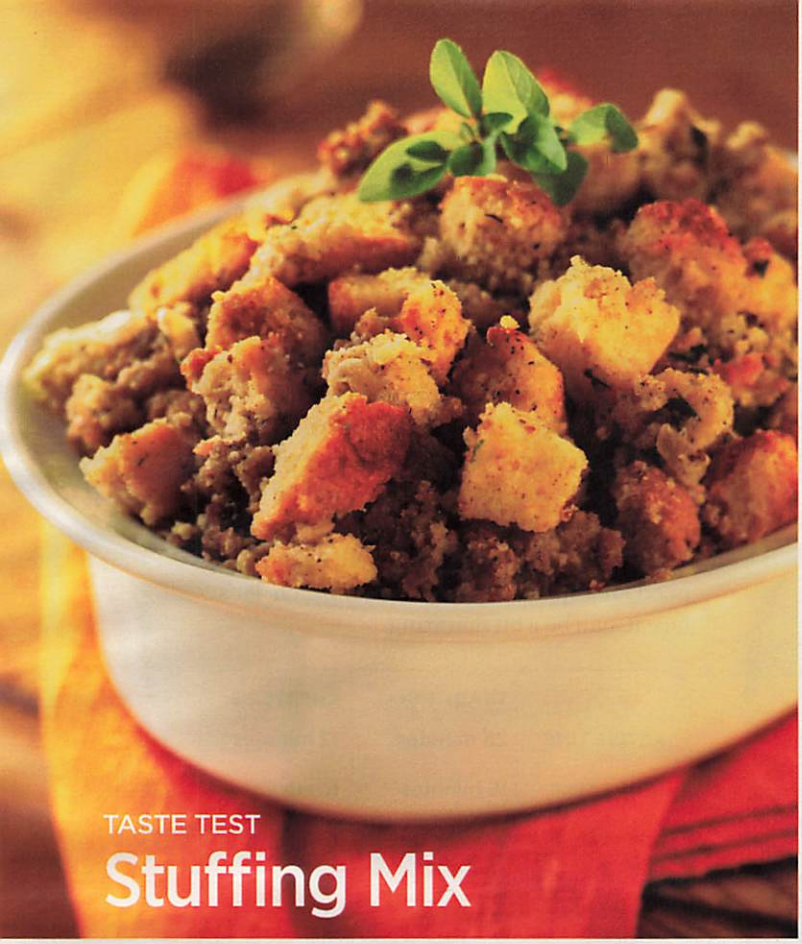


TASTE TEST

Stuffing Mix

Thanksgiving wouldn't be complete without stuffing—or dressing, as it's called in certain parts of the South. The differences extend beyond linguistics: Some folks prefer to make this time-honored accompaniment with bread chunks, while others like a crumbled corn bread base.

Packaged stuffing mixes of both types reside in the bread aisle of the grocery store—and, no question, they'll streamline your prep on the big day. But do they really pack home-cooked flavor? To find out, 17 testers volunteered their services, sampling 13 nationally available brands in two categories, classic herb and corn bread, made according to label directions and on top of the range (if you like your stuffing to have a crispy top, prepare, then bake 15 minutes in a 350°F oven). Below, the best blends for stuffing your family this holiday season:

First Place: Classic Herb **Stove Top Savory Herbs Stuffing Mix** ($2 for 6 ounces) was the palate pleaser in this category. Tasters loved the moist, soft texture with "a little bit of crunch," as one said, and found the seasonings "well balanced," noted another. It also gained high marks for appearance, with a variety of colorful, fresh-looking herbs.

First Place: Corn Bread **Arrowhead Mills Organic Cornbread Stuffing Mix** ($3 for 10 ounces) earned the gold medal in our second category. Although it's ready in under 10 minutes, it could have passed for homemade, commented one volunteer, thanks to its "nice herb flavor" and "fluffy, moist" texture. The "delicious aroma," said another sampler, secured the victory.

Photograph by E. Jane Armstrong/Jupiterimages

Click Here Devour more taste tests at goodhousekeeping.com/tastetests

WINE PICKS

Toasts for Turkey Day

The annual question: Which wines go best with the mouthwatering flavors—savory, tart, sweet, salty—of the holiday feast? Our answer: whites like Riesling with enough honey notes to meld with your Aunt Patti's marshmallow-topped sweet potatoes and the tangy acidity to complement the rest of the meal. Or try a red like fruity-but-not-sugary Pinot Noir, which pairs beautifully with turkey and stuffing. Better yet, pick up a bottle of each—all of the finds here are less than $20.

CHÂTEAU STE. MICHELLE RIESLING
Columbia Valley, WA | 2007 | $9
Tastes like white peaches and apricots

PACIFIC RIM DRY RIESLING
Columbia Valley, WA | $11
Tastes like honeydew with a hit of lime

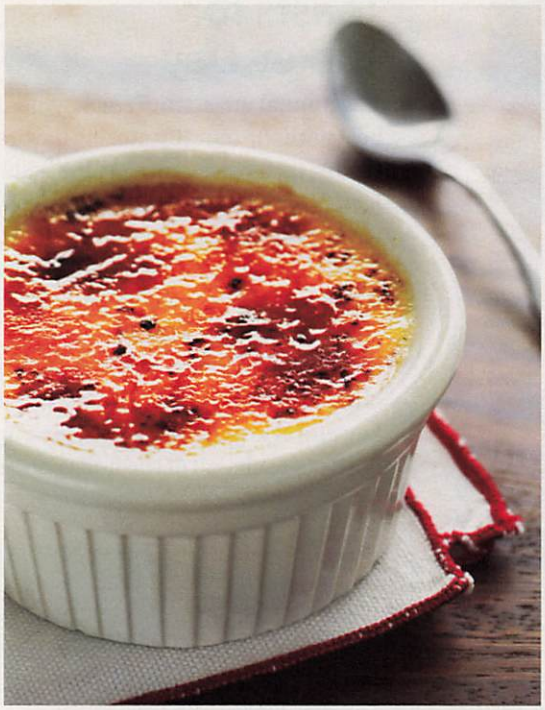
CASTLE ROCK PINOT NOIR
Mendocino County, CA | 2006 | $13
Tastes like fresh-picked raspberries

CHALONE VINEYARD PINOT NOIR
Monterey County, CA | 2006 | $17
Tastes like super-ripe red cherries

goodfood

Cheater's

GUIDE TO | CRÈME BRÛLÉE



The traditional way to heat the cream for this luscious French dessert—in a saucepan on top of the range—is tricky. In an instant, your silky custard can overheat, becoming a curdled mess. Our method—using microwave plus oven—is a no-brainer: It removes the guesswork as well as the need for a special kitchen torch, which, let's face it, can be a bit daunting.

THE DISH	TRADITIONAL	CHEATER'S
ACTIVE TIME	25 minutes	12 minutes
STOVE TIME	15 minutes	None
POTS TO SCRUB	2	0
SPECIAL TOOLS	1 (kitchen torch)	0
STRESS FACTOR	High	Low

Cut along dotted line and fold page in half horizontally

Vanilla Crème Brûlée

Active time 12 minutes **Total time** 45 minutes plus chilling **Makes** 6 servings

- 1 c. light cream or half-and-half
- 1 c. heavy or whipping cream
- 1½ tsp. vanilla extract
- 5 lg. egg yolks
- ⅓ c. granulated sugar
- 2 Tbsp. dark brown sugar

1. Preheat oven to 325°F. Into 13" by 9" metal baking pan, pour 3½ cups hot tap water; place in oven.
2. In microwave-safe 2-cup liquid measuring cup, heat creams in microwave on Medium (50% power) 5 minutes. Remove from microwave; stir in vanilla.
3. Meanwhile, in 4-cup liquid measuring cup (to make pouring easier later) or bowl, whisk egg yolks and granulated sugar until well blended. Slowly whisk in warm cream until combined; with spoon, skim off foam.
4. Partially pull out oven rack with baking pan. Place six 4-ounce ramekins in water in pan in oven. Pour cream mixture into ramekins. (Mixture should come almost to tops of ramekins for successful broiling later.) Carefully push in rack and bake custards 30 minutes or until just set but centers jiggle slightly. Remove ramekins from water and place on wire rack; cool 30 minutes. Cover and refrigerate until custards are well chilled, at least 4 hours or overnight.
5. Up to 1 hour before serving, preheat broiler. Place brown sugar in coarse sieve; with spoon, press sugar through sieve to evenly cover tops of chilled custards. Place ramekins in jelly-roll pan for easier handling. With broiler rack at closest position to source of heat, broil custards 2 to 3 minutes or just until brown sugar melts. Refrigerate immediately 1 hour to cool custards and allow sugar to form a crust.

EACH SERVING About 365 calories, 4 g protein, 18 g carbohydrate, 31 g total fat (18 g saturated), 0 g fiber, 276 mg cholesterol, 35 mg sodium.

Cappuccino Crème Brûlée

Prepare Vanilla Crème Brûlée as above in step 1. In step 2, add 4 teaspoons espresso coffee powder with vanilla to warm cream mixture. Complete recipe as in steps 3, 4, and 5.

EACH SERVING About 370 calories, 4 g protein, 18 g carbohydrate, 31 g total fat (18 g saturated), 0 g fiber, 276 mg cholesterol, 35 mg sodium.

Click Here For more no-fuss French comfort food, visit goodhousekeeping.com/french

Photograph by KATE MATHIS. Food styling by Anne Disrude. Prop styling by Scott Horne.

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Recipe Search

Need more great meal ideas? Check out thousands of our triple-tested recipes in the new and improved Recipe Finder at goodhousekeeping.com/recipefinder. Search for recipes that contain your favorite ingredients, with options for low-calorie, vegetarian, heart-healthy, kid-friendly, and more.

HEALTHY MAKEOVER

Green Bean Casserole

About 30 million households will serve this dish on November's big day. Too bad it's not as good for us as it tastes. We switched to low-fat milk and reduced-sodium broth, traded canned french-fried onions for oven-fried ones, trimming the total fat by 8 grams, and dropping the sodium by 257 milligrams. Seconds, anyone?

Active time 30 minutes **Total time** 45 minutes **Makes** 8 servings

- Olive oil nonstick cooking spray
- 1 lg. onion (12 oz.), cut into ½-in.-thick slices and separated into rings
- 5 Tbsp. all-purpose flour
- Salt and pepper
- 1½ lbs. green beans, trimmed
- 1 Tbsp. margarine or butter
- 1 lg. shallot, finely chopped (¼ c.)
- 1 container (10 oz.) sliced cremini or white mushrooms
- 1 c. reduced-sodium chicken broth
- ½ c. low-fat (1%) milk

1. Preheat oven to 425°F. Line large cookie sheet with foil; spray with nonstick spray.
2. In bowl, toss onion with 2 tablespoons flour and ⅛ teaspoon salt. Spread onion in single layer on prepared foil; spray onion with nonstick spray. Bake 14 minutes; toss to rearrange, then spray again. Bake 15 minutes or until crisp.
3. Meanwhile, in 5-quart saucepot, heat 3 quarts water to boiling on high. Add beans and cook, uncovered, 5 minutes or until tender-crisp. Drain beans in colander; rinse under cold water. Drain.
4. In 4-quart saucepan, melt margarine on medium. Add shallot; cook 2 minutes, stirring. Add mushrooms; cook 7 to 8 minutes or until tender, stirring often. Stir in ½ teaspoon salt, ¼ teaspoon freshly ground black pepper, and 3 tablespoons flour; cook 1 minute. Add broth and milk; heat to boiling on high, stirring. Reduce heat to low; cook 2 minutes. Add beans.
5. Transfer mixture to 2-quart baking dish; bake 15 minutes. Stir mixture; top with onion. Bake 5 minutes or until sauce is bubbly.

EACH SERVING About 95 calories, 5 g protein, 16 g carbohydrate, 2 g total fat (0 g saturated), 4 g fiber, 1 mg cholesterol, 285 mg sodium.

Top right photograph by KATE MATHIS. Food styling by Anne Disrude. Prop styling by Scott Horne.

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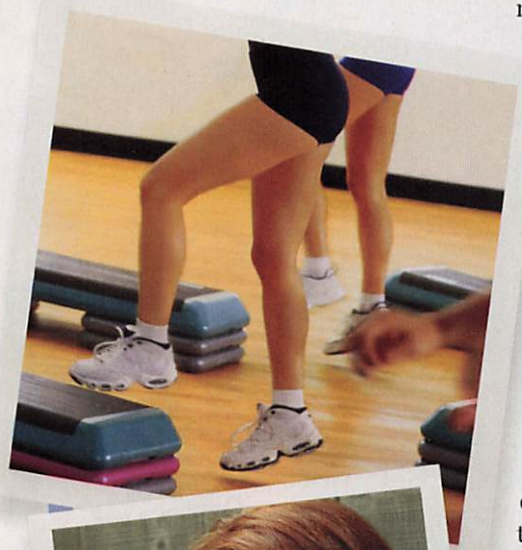
BLOGGER | KELLY CORRIGAN

Stepping Up

At my gym, there's a class for every type of exerciser—except maybe me



Outside the gym, **Kelly Corrigan** is the best-selling author of The Middle Place. Visit her Web journal at kellycorrigan.com

It had been a good 10 years since I was barked at to "grapevine left" or do a triple knee repeater. In short, I don't exercise often—and when I do, I try not to sweat too much. So last weekend at the Y, when I saw that Tina's Basic Step Class was "suitable for all levels," I peeked in. Just about everyone there was 10 to 20 pounds overweight. There were no fancy racer-back tanks or chafe-free Lycra pants. While I was sizing it all up, Tina herself waved me in. Next thing I knew, I was over at the equipment wall deciding how many risers to put under my step.

There is, as any honest person will admit, a hierarchy to women's exercise. The truly fit (and centered) do yoga, qigong, or Pilates. These women like green tea, and can confidently pronounce their teachers' names: Tuam, Karuna, Shotoa. Many are extremely attractive and consider themselves fully made up with a touch of Burt's Bees on their lips. They know not the cottage cheese dimple.

Next are the spinners. Atop their stationary cycles, they generally talk and walk louder and faster than the wispy, barefoot, yoga types. When the instructor offers a low-impact option, they laugh.

Then there are the people, often middle-aged, who just love to move. I have a soft spot for this merry bunch, who do salsa, hip-hop, belly dance, and wind up the week with freestyle jamming. A woman named Tranquilla teaches this class. People hug on the way out.

And then there's me, secretly laughing at my Basic Step classmates—their funny pumpkin butts, their awkward clapping, their outdated scrunchies. I was yawning through the warm-up, Basic Right, Basic Left, and held my own during the steroid version of Justin Timberlake's "SexyBack," but three songs into things, I started to feel dizzy. Nauseated. By the time we got to "Hit Me With Your Best Shot," my vision was blurred. Pumpkin Butt next to me was fine, even thriving—this was her song! Silver Scrunchie was also high on endorphins—she seemed to love the Charleston/T-Step/Hamstring Curl combo we were doing. Was I going to have to stop? Take out my risers? I drank some water, eliminated any extraneous motion, and, after 20 humiliating minutes, I heard the sweet tones of Enya. It was over.

So that, I learned, is where I fit into the fitness hierarchy: right at the bottom, eating low-cal humble pie and passing out towels to my new role models. ■

Photographs, clockwise from bottom left: courtesy of Kelly Corrigan; Ryan McVay/Age Fotostock; Greger Schuster/Zefa/Corbis.

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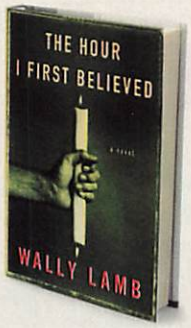

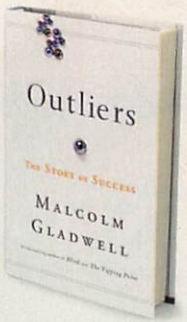

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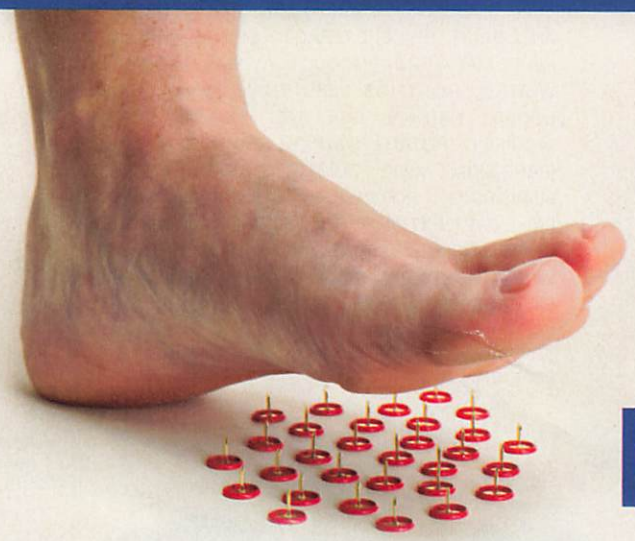
Diabetic Nerve Pain? Post-Shingles Pain? Chronic Nerve Pain?



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INGREDIENTS:
CHICKEN BROTH, COOKED MEATBALLS (BEEF, WATER, EGGS, TEXTURED SOY PROTEIN CONCENTRATE [SOY PROTEIN CONCENTRATE, CARAMEL COLOR], ROMANO CHEESE [MADE FROM SHEEP'S MILK, CHEESE CULTURES, SALT, ENZYMES], BREAD CRUMBS [ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), CORN SYRUP, SUGAR, HYDROGENATED SOYBEAN OIL AND/OR COTTONSEED OIL, SALT, YEAST, WHEY, SOY FLOUR, SODIUM STEAROYL LACTYLATE, CALCIUM PROPIONATE (PRESERVATIVE)], CORN SYRUP, ONIONS, SOY PROTEIN CONCENTRATE, SALT, NATURAL FLAVOR, SODIUM PHOSPHATE, SPICES, GARLIC POWDER, AND PARSLEY), CARROTS, ENRICHED TUBETTI PASTA (SEMOLINA, EGG WHITES, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SPINACH, ONIONS, CONTAINS LESS THAN 2% OF: MODIFIED CORN STARCH, CARROT PUREE, SALT, MONOSODIUM GLUTAMATE, HYDROLYZED CORN PROTEIN, CHICKEN FAT, ONION POWDER, SPICE, AUTOLYZED YEAST EXTRACT, GARLIC POWDER, NATURAL FLAVOR, BETA CAROTENE (COLOR).

MSG!

BRING YOUR APPETITE

*Potassium Chloride is a type of salt that adds flavor, but not sodium.

INGREDIENTS:
CHICKEN STOCK, MEATBALLS (BEEF, WATER, SALT, BEEF FLAVOR [CONTAINS BEEF STOCK, FLAVORING AND SALT], SPICE EXTRACT), SPINACH, ACINI DE PEPE MACARONI PRODUCT (WHEAT FLOUR, EGG WHITES), CONTAINS LESS THAN 2% OF: LOWER SODIUM NATURAL SEA SALT, ONIONS,‡ GARLIC,‡ MODIFIED POTATO STARCH, PARMESAN CHEESE (PART-SKIM MILK, CULTURES, SALT, ENZYMES), FLAVORING, POTASSIUM CHLORIDE,* CHICKEN FAT, YEAST EXTRACT, SUGAR, SALT, CARROT JUICE CONCENTRATE, CORNSTARCH, CHICKEN BROTH,‡ WHEY, ASCORBIC ACID (VITAMIN C), TURMERIC EXTRACT, EGGS, SPICE. ‡DRIED.

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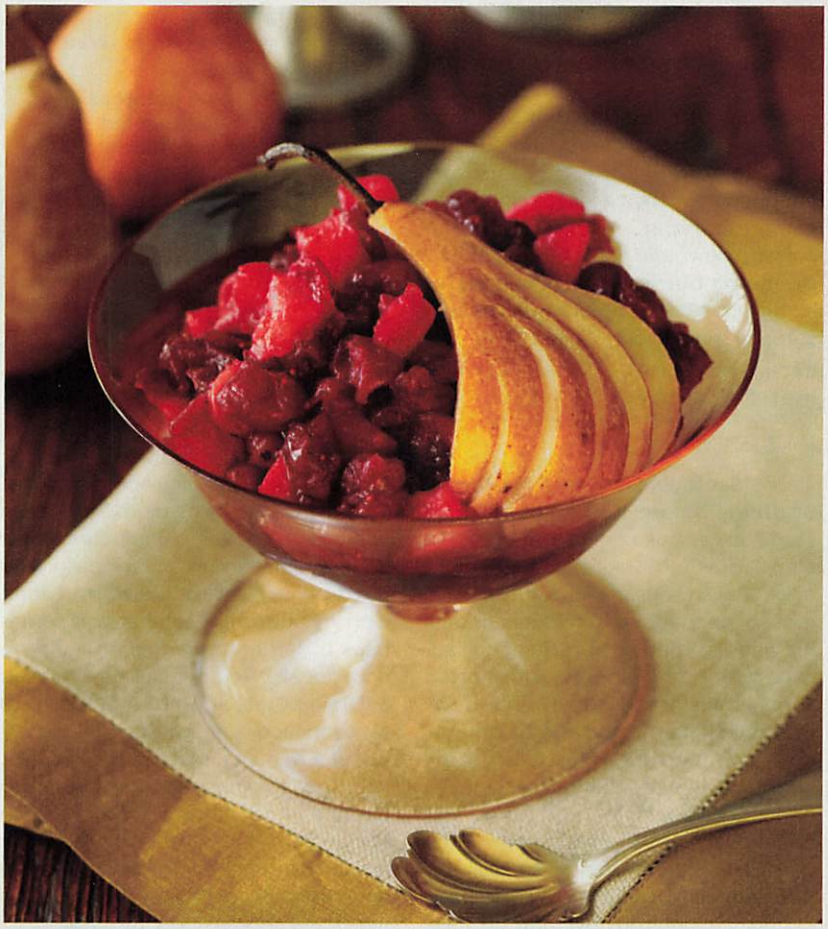
†Some of our soups contain yeast extract, a natural ingredient that contains a small amount of naturally occurring Monosodium Glutamate.

Thanksgiving, Simplified



HEALTHY

Ginger & Pear Cranberry Sauce

(also pictured on page 151)

Active time 10 minutes
Total time 20 minutes
Makes 3 cups

- 1 bag (12 oz.) cranberries (3 c.), picked over
- 2 Bosc or Anjou pears (1 lb.), peeled, cored, and chopped
- 1 Tbsp. grated peeled fresh ginger
- ¾ c. sugar
- ¼ c. water
- Pear slices for garnish (optional)

1. In 3-quart saucepan, heat all ingredients except pear garnish to boiling on high, stirring occasionally.
2. Reduce heat to medium and cook, uncovered, 5 to 7 minutes or until most cranberries pop and pears are tender, stirring occasionally. (Mixture will thicken as it chills.)
3. Spoon sauce into serving bowl; cover and refrigerate 3 hours or up to 4 days. Garnish with pear slices.

EACH ¼ CUP About 75 calories, 0 g protein, 20 g carbohydrate, 0 g total fat, 2 g fiber, 0 mg cholesterol, 10 mg sodium.

CLASSIC Marmalade Cranberry Sauce
Prepare cranberry sauce as above in step 1, except omit pears and ginger and use only ½ cup sugar. In step 2, cook only 3 to 4 minutes or until most cranberries pop. After removing from heat, stir in ½ cup sweet orange marmalade. Complete recipe as in step 3. Omit garnish. Makes about 2¼ cups.

EACH ¼ CUP About 105 calories, 0 g protein, 27 g carbohydrate, 0 g total fat, 2 g fiber, 0 mg cholesterol, 25 mg sodium.

TWIST Southwestern Cranberry Sauce
Prepare cranberry sauce as above in step 1, except omit pears and ginger and add 1 jalapeño chile, seeded and finely chopped, 1 teaspoon grated fresh lime peel, and 2 teaspoons fresh lime juice to cranberry mixture. In step 2, cook only 3 to 4 minutes or until most cranberries pop. Complete recipe as in step 3. Omit garnish. Makes about 2 cups.

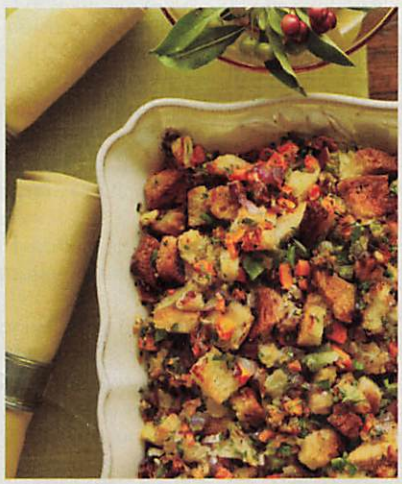
EACH ¼ CUP About 90 calories, 0 g protein, 24 g carbohydrate, 0 g total fat, 2 g fiber, 0 mg cholesterol, 20 mg sodium.

CLASSIC

Vegetable-Herb Stuffing

(also pictured on page 151)

Active time 25 minutes
Total time 1 hour 25 minutes
Makes 12 cups →



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Photographs by KATE MATHIS; food styling by Anne Disrude; prop styling by Scott Horne.

ReciTip Our trio of stuffings all call for toasting and cubing the bread first. To free up your oven for pies and the turkey on Thanksgiving Day, it's a good idea to do this up to 1 week ahead. When toasted bread cubes are completely cool, transfer to a self-sealing plastic bag and store at room temperature.

- **1½ loaves (16 oz. each) sliced firm white bread**
- **1 Tbsp. olive oil**
- **2 med. carrots, finely chopped**
- **2 med. stalks celery, finely chopped**
- **1 med. onion, finely chopped**
- **½ c. loosely packed fresh parsley leaves, coarsely chopped**
- **¾ tsp. poultry seasoning**
- **Salt and pepper**
- **2½ c. chicken broth**

1. Preheat oven to 400°F. Grease shallow 3- to 3½-quart ceramic or glass baking dish; set aside. Arrange bread on 2 large ungreased cookie sheets, and toast in oven 16 to 17 minutes or until golden and dry, turning slices over halfway through toasting.
2. Meanwhile, in 12-inch nonstick skillet, heat oil on medium 1 minute. Add carrots, celery, and onion, and cook about 12 minutes or until vegetables are tender and lightly browned, stirring occasionally. Remove skillet from heat; stir in parsley, poultry seasoning, ½ teaspoon salt, and ¼ teaspoon freshly ground black pepper.
3. With serrated knife, cut bread into ½-inch cubes, and place in very large bowl. Reset oven control to 325°F. Add chicken broth and vegetable mixture to bread in bowl; toss until bread mixture is evenly moistened.
4. Spoon stuffing into prepared baking dish. Cover dish with foil and bake stuffing 30 minutes. Remove foil and bake 15 to 20 minutes longer or until heated through and lightly browned on top.

EACH ½ CUP About 90 calories, 3 g protein, 16 g carbohydrate, 2 g total fat (0 g saturated), 1 g fiber, 0 mg cholesterol, 270 mg sodium.

HEALTHY Whole-Grain Apple-Fennel Stuffing Prepare stuffing as above in step 1, but substitute 1 loaf (24 ounces) sliced whole-grain bread for white bread. In step 2, increase olive oil to 2 tablespoons, and omit carrots and celery. Add onion to skillet, and cook with 1 bulb fennel (1 pound), trimmed of stems, then chopped, 10 minutes or until tender. Omit parsley and poultry seasoning. Stir in 2 Golden Delicious apples, unpeeled, cored, and cut into ½-inch chunks, and 2 teaspoons chopped fresh thyme leaves along with salt and pepper. In step 3, to bread cubes in bowl, add apple mixture, ½ cup dried cranberries, and ½ cup water along with broth. Complete recipe as in step 4. Makes about 13 cups.

EACH ½ CUP About 85 calories, 4 g protein, 16 g carbohydrate, 2 g total fat (0 g saturated), 5 g fiber, 0 mg cholesterol, 170 mg sodium.

TWIST Sausage, Chestnut & Mushroom Stuffing Prepare stuffing as above in step 1, except use only 1 loaf bread. In step 2, omit oil. In skillet, cook 1 pound sweet Italian sausage links, casings removed, on medium 10 minutes or until browned, stirring and breaking up sausage with side of spoon. With slotted spoon, transfer sausage to small bowl. In same skillet in sausage drippings, cook onion and only 1 stalk celery (omit carrots) 8 minutes. Stir in 1 package (10 ounces) sliced white mushrooms, and cook 10 minutes or until golden. Omit parsley, poultry seasoning, and salt; stir in ¼ teaspoon dried thyme with pepper. In step 3, to bread in bowl, add sausage, vegetable mixture, and 1½ cups chopped roasted, peeled chestnuts (from about 1 pound chestnuts) or 1 jar (7.4 ounces) roasted chestnuts, chopped, with broth. Complete recipe as in step 4. Makes about 12 cups.

EACH ½ CUP About 135 calories, 5 g protein, 13 g carbohydrate, 7 g total fat (2 g saturated), 1 g fiber, 15 mg cholesterol, 310 mg sodium.

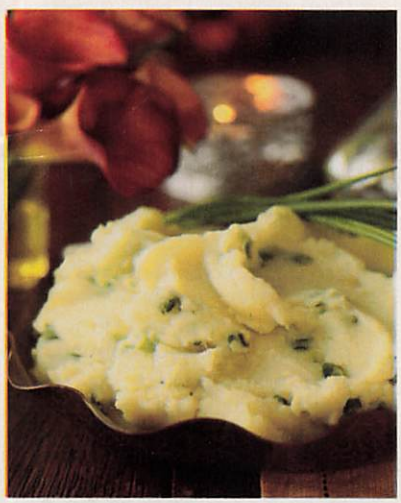
HEALTHY
Buttermilk Mashed Potatoes
(also pictured on page 150)

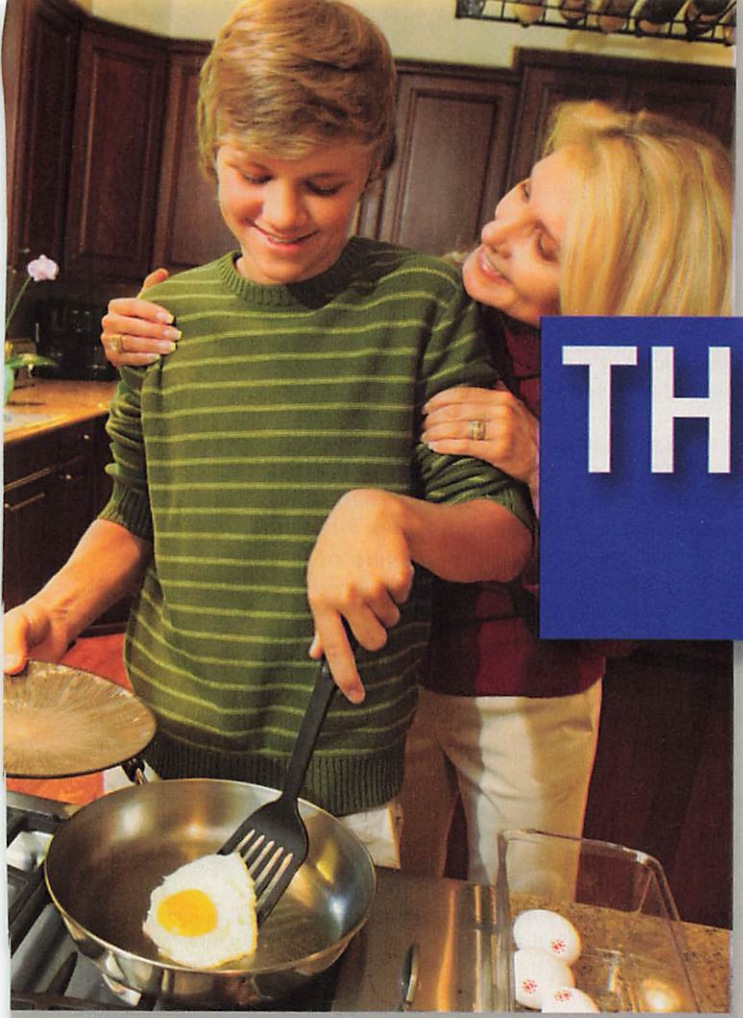
Active time 15 minutes
Total time 40 minutes
Makes 10 side-dish servings

ReciTip You can peel the potatoes early in the day and keep them immersed in water to prevent discoloration, but for best flavor and texture, cook and mash just before serving.

- **4 lbs. Yukon gold potatoes (about 12 med.), peeled and cut into 2-in. pieces**
- **Salt and pepper**
- **2 Tbsp. margarine or butter**
- **3 bunches green onions, thinly sliced crosswise**
- **1¼ c. buttermilk**

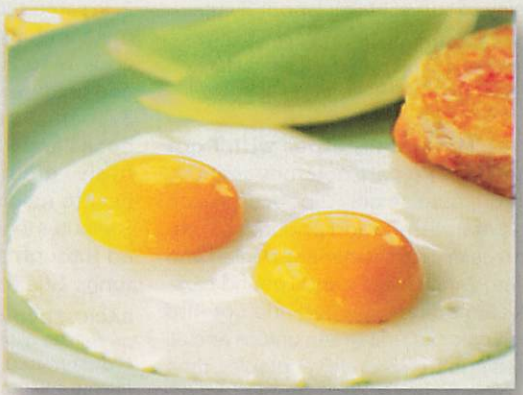
1. In covered 5-quart saucepot, combine potatoes, 1 teaspoon salt, and enough water to cover; heat to boiling on high. Reduce heat to low; simmer, covered, until fork-tender, about 20 minutes.
2. Meanwhile, in 12-inch nonstick skillet, melt margarine on medium. Add green onions and cook 3 to 5 minutes or just until tender, stirring occasionally. Add buttermilk; heat to lukewarm (don't worry if buttermilk separates; it comes back together in the mixing), stirring occasionally. Remove skillet from heat.
3. Drain potatoes. Return potatoes to saucepot and heat on low to dry slightly, about 2 minutes, tossing occasionally. With potato masher, coarsely mash potatoes. Add buttermilk mixture, 1 teaspoon salt, and ½ teaspoon freshly ground black pepper; continue mashing until almost smooth. Reheat potatoes if necessary. Makes about 8½ cups. →





For my family

THE BETTER EGG.



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EACH SERVING About 185 calories, 4 g protein, 37 g carbohydrate, 3 g total fat (1 g saturated), 3 g fiber, 1 mg cholesterol, 365 mg sodium.

CLASSIC Parsley Mashed Potatoes Prepare potatoes as above in step 1. Omit green onions and all of step 2. In step 3, coarsely mash potatoes with ½ cup margarine or butter (1 stick), cut up. Instead of buttermilk, add 1½ cups whole milk, warmed, along with salt and pepper, and mash until potatoes are almost smooth. Stir in ¼ cup chopped fresh parsley to serve. Makes about 8 cups.

EACH SERVING About 245 calories, 4 g protein, 34 g carbohydrate, 11 g total fat (2 g saturated), 2 g fiber, 5 mg cholesterol, 440 mg sodium.

TWIST Mashed Potatoes with Root Vegetables Prepare potatoes as above in step 1, but use only 2 pounds Yukon gold potatoes, and add 2 pounds (3 medium) celery root (celeriac), peeled and cut into 2-inch pieces, and 1 pound parsnips (6 medium), peeled and cut into 2-inch pieces. Omit green onions and all of step 2. In step 3, drain vegetables, then press through holes in bottom of rotary food mill into same saucepot instead of drying and mashing; increase margarine or butter to 5 tablespoons and stir in along with salt and pepper, and omit buttermilk. (If you do not have a food mill, you can mash vegetables with potato masher, but texture will not be quite as smooth.) Makes about 7 cups.

EACH SERVING About 190 calories, 3 g protein, 28 g carbohydrate, 6 g total fat (1 g saturated), 4 g fiber, 0 mg cholesterol, 405 mg sodium.

TWIST

Green Beans with Shallots

(also pictured on page 151)

Active time 30 minutes
Total time 45 minutes
Makes 10 side-dish servings

ReciTip Blanch the beans Thanksgiving morning, and, for the hazelnut variation, toast the nuts a few days ahead (substitute almonds if you prefer).

Salt and pepper
3 lbs. green beans, trimmed
2 Tbsp. margarine or butter
1 lb. shallots, thinly sliced (2½ c.)
3 Tbsp. Dijon mustard with seeds

1. In covered 5- to 6-quart saucepot, heat 3 quarts water and 1 teaspoon salt to boiling on high. Add green beans and cook, uncovered, 5 to 7 minutes or until tender-crisp. Drain. Plunge beans into large bowl filled with ice water to chill quickly. Drain well. If not continuing with recipe right away, place well-drained beans in plastic storage bags and refrigerate until ready to use.
2. In same saucepot, heat margarine on medium-low until melted. Add shallots; cook 17 to 20 minutes or until tender and golden, stirring occasionally.
3. To mixture in saucepot, add green beans and ½ teaspoon each salt and freshly ground black pepper; increase heat to medium-high, and cook about 5 minutes longer or until beans are heated through, tossing occasionally with tongs. Stir in mustard.

EACH SERVING About 90 calories, 4 g protein, 16 g carbohydrate, 3 g total fat (1 g saturated), 4 g fiber, 0 mg cholesterol, 185 mg sodium.

CLASSIC Green Beans with Hazelnuts & Brown Butter Preheat oven to 350°F. Toast hazelnuts: Place 1 cup hazelnuts in 9" by 9" metal baking pan. Bake 10 minutes or until lightly browned and fragrant and skins begin to peel away. Wrap nuts in clean kitchen towel. Using towel, rub off as much of the skins as possible (all of the skin may not come off). Coarsely chop nuts. Meanwhile, prepare green beans as above in step 1. In step 2, omit shallots and melt butter on medium-low. Add hazelnuts and cook 3 to 4 minutes or until butter is lightly browned, stirring. Complete recipe as in step 3, but omit mustard.

EACH SERVING About 145 calories, 4 g protein, 11 g carbohydrate, 11 g total fat (2 g saturated), 5 g fiber, 7 mg cholesterol, 150 mg sodium.

HEALTHY Green Beans with Garlic Prepare green beans as above in step 1. In step 2, omit shallots, and in place of margarine, heat 1 tablespoon olive oil on high. Complete recipe as in step 3, adding 3 cloves garlic, finely chopped, after beans are heated through; omit mustard. Cook 1 minute longer or until garlic is fragrant, tossing.

EACH SERVING About 50 calories, 2 g protein, 9 g carbohydrate, 2 g total fat (0 g saturated), 4 g fiber, 0 mg cholesterol, 125 mg sodium.

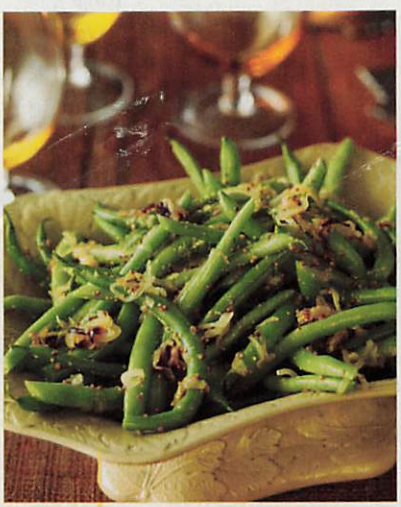
TWIST

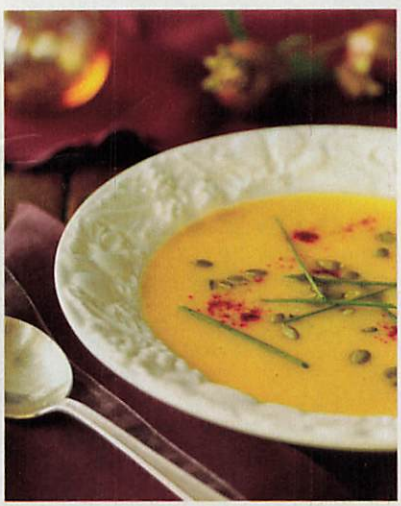
Squash Soup with Cumin

(also pictured on page 151)

Active time 25 minutes
Total time 1 hour 15 minutes
Makes 10 first-course servings

2 med. (2½ lbs. each) butternut squash, each cut lengthwise in half, seeds removed
1 Tbsp. olive oil →





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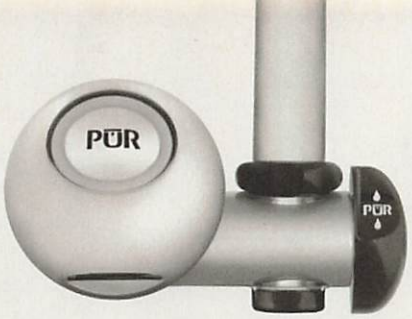

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- 2 med. stalks celery, chopped
- 1 med. onion, chopped
- 1 tsp. ground cumin
- ¼ tsp. chipotle chile powder
- Salt and pepper
- 2 cans (14 to 14.5 oz. each) chicken broth (3½ c.)
- 2 c. water
- Roasted salted pumpkin seeds (pepitas) and fresh chives for garnish

1. Preheat oven to 450°F. Line 15½" by 10½" jelly-roll pan with foil. Place squash halves, cut sides down, in lined pan, and roast about 45 minutes or until very tender when pierced with knife. Cool until easy to handle, then, with spoon, scoop squash from skins and place in large bowl. Discard skins.
2. Meanwhile, in 5- to 6-quart saucepot, heat oil on medium until hot. Add celery and onion, and cook 10 minutes. Stir in cumin, chipotle chile, ½ teaspoon salt, and ¼ teaspoon freshly ground black pepper; cook 30 seconds, stirring.
3. Add broth, water, and squash to saucepot; cover and heat to boiling on high. Reduce heat to low, and simmer 10 minutes.
4. In batches, ladle squash mixture into blender. With center part of blender cover removed to allow steam to escape, blend squash mixture until pureed. Pour soup into large bowl. Return all soup to saucepot and heat through. Garnish each serving with pumpkin seeds and chives. Makes 10½ cups.

EACH CUP About 90 calories, 3 g protein, 19 g carbohydrate, 2 g total fat (0 g saturated), 3 g fiber, 0 mg cholesterol, 350 mg sodium.

CLASSIC Squash Soup with Rosemary Prepare squash as above in step 1. In step 2, omit cumin and chipotle chile powder, and add 1 teaspoon chopped fresh rosemary leaves along with the salt and pepper. Complete recipe as in steps 3 and 4, but omit garnish, and top each serving with several Pecorino Romano shavings if you like. Makes about 10½ cups.

EACH CUP About 90 calories, 3 g protein, 19 g carbohydrate, 2 g total fat (0 g saturated), 3 g fiber, 0 mg cholesterol, 350 mg sodium.

HEALTHY Squash Soup with Curried Pear Prepare squash as above in step 1. In step 2, omit cumin and chile powder. Add 2 Bartlett or Anjou pears, peeled, cored, and chopped, 1 tablespoon curry powder, and salt and pepper to saucepot after celery and onion have cooked 8 minutes. Cook 5 minutes longer. Complete recipe as in steps 3 and 4, but garnish each serving with a drizzle of low-fat yogurt. Makes about 13 cups.

EACH CUP About 85 calories, 2 g protein, 19 g carbohydrate, 1 g total fat (0 g saturated), 3 g fiber, 0 mg cholesterol, 270 mg sodium.

CLASSIC

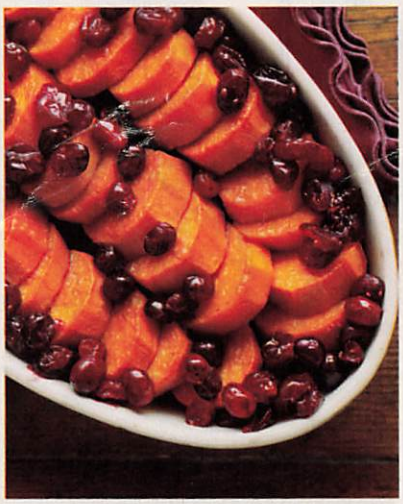
Maple-Cranberry Sweet Potatoes

(also pictured on page 152)

Active time 20 minutes
Total time 1 hour
Makes 10 side-dish servings

ReciTip You can prepare the sweet potatoes (even arrange them in a casserole) and syrup up to 1 day ahead and refrigerate separately. Allow both to come to room temperature before baking. Top potatoes with hot syrup, and pop in the oven when the turkey comes out. Select sweet potatoes of the same size so they cook evenly.

- 4 lbs. sweet potatoes (5 med.), peeled



- Salt
- 1 c. pure maple syrup
- 1½ c. cranberries (half 12-oz. bag)
- 3 Tbsp. butter (no substitutions)

1. In covered 6-quart saucepot, heat whole sweet potatoes with 1 teaspoon salt and enough water to cover to boiling on high. Reduce heat to low; simmer, covered, about 30 minutes or just until potatoes are fork-tender. Drain. Set aside until cool enough to handle.
2. Meanwhile, in 1-quart saucepan, heat maple syrup to boiling on high. Reduce heat to medium, and boil gently 10 to 15 minutes or until reduced to ½ cup. Stir in cranberries, butter, and ½ teaspoon salt, and cook just until cranberries pop, about 5 minutes longer.
3. Preheat oven to 400°F. Cut cooled sweet potatoes crosswise into 1-inch-thick slices and arrange in shallow 3-quart ceramic or glass baking dish, overlapping slices if necessary.
4. Spoon maple-cranberry syrup evenly over potatoes. Bake, uncovered, 20 minutes or until hot.

EACH SERVING About 260 calories, 2 g protein, 55 g carbohydrate, 4 g total fat (2 g saturated), 5 g fiber, 9 mg cholesterol, 230 mg sodium.

HEALTHY Ginger-Almond Sweet Potatoes Prepare sweet potatoes as above in step 1. In step 2, instead of maple-cranberry syrup, prepare ginger syrup: In 1-quart saucepan, melt 1 tablespoon margarine or butter on medium. Add 2 teaspoons grated peeled fresh ginger; cook 1 minute, stirring. Stir in ½ cup apricot preserves, ¼ cup orange juice, and ½ teaspoon salt; heat to boiling, stirring. Complete recipe as in steps 3 and 4, spooning ginger syrup over potatoes and sprinkling with ½ cup toasted sliced natural (with brown skin still on) almonds before baking.

EACH SERVING About 230 calories, 4 g protein, 45 g carbohydrate, 4 g total fat (1 g saturated), 5 g fiber, 0 mg cholesterol, 210 mg sodium.

TWIST Butterscotch-Spice Sweet Potatoes Prepare sweet potatoes as above in step 1. In step 2, instead of maple-cranberry syrup, prepare butterscotch-spice syrup: In 1-quart saucepan, heat ½ cup packed brown sugar, 3 tablespoons →

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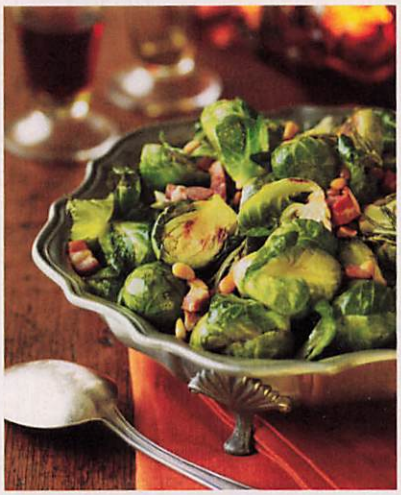

butter (no substitutions), 2 tablespoons water, 1 teaspoon pumpkin pie spice, ¼ teaspoon salt, and ⅛ teaspoon ground red pepper (cayenne) to boiling, stirring until smooth; remove from heat. Complete recipe as in steps 3 and 4, spooning butterscotch-spice syrup over potatoes before baking.

EACH SERVING About 210 calories, 2 g protein, 43 g carbohydrate, 4 g total fat (2 g saturated), 4 g fiber, 10 mg cholesterol, 175 mg sodium.

TWIST

Brussels Sprouts with Pancetta & Rosemary

(also pictured on page 153)

Active time 20 minutes
Total time 26 minutes
Makes 8 side-dish servings

ReciTip For sweet, delicious sprouts, simply avoid overcooking. We briefly blanch the sprouts early in the day and sauté them to reheat and add flavorings just before serving.

Salt and pepper
3 containers (10 oz. each) Brussels sprouts
1 Tbsp. olive oil
2 oz. pancetta, chopped (½ c.)
1 tsp. chopped fresh rosemary
¼ c. pine nuts (pignoli), toasted

1. In covered 5- to 6-quart saucepot, heat 3 quarts water and 1 teaspoon salt to boiling on high. Meanwhile, pull off any yellow or wilted leaves from Brussels sprouts; trim stem ends. Cut each sprout in half.
2. Add Brussels sprouts to boiling water and cook, uncovered, 5 minutes. Drain. Plunge Brussels sprouts into large bowl filled with ice water to chill quickly. Drain well. If not continuing with recipe right away, place sprouts in plastic storage bags and refrigerate until ready to use.
3. In 12-inch skillet, heat oil on medium until hot. Add pancetta and cook 2 to 3 minutes or until beginning to brown. Stir in rosemary and cook 1 minute.
4. To mixture in skillet, add Brussels sprouts and ½ teaspoon each salt and freshly ground black pepper, and cook on medium-high 5 minutes or until heated through, stirring frequently. Add pine nuts; toss to combine.

EACH SERVING About 110 calories, 5 g protein, 9 g carbohydrate, 7 g total fat (2 g saturated), 4 g fiber, 4 mg cholesterol, 230 mg sodium.

CLASSIC Brussels Sprouts with Brown Butter & Chestnuts Prepare Brussels sprouts as above in steps 1 and 2. In step 3, omit olive oil, pancetta, and rosemary; melt 2 tablespoons butter (no substitutions) in skillet on medium. Add 1 small onion, finely chopped, and cook until translucent, about 4 minutes, stirring frequently. Add 1½ cups coarsely chopped roasted, peeled chestnuts (from about 1 pound chestnuts), or 1 jar (7.4 ounces) roasted chestnuts, →

Our Triple-Test Promise

GHRI TESTED

At *Good Housekeeping,* we want to make sure that every recipe we print works in any oven, with any brand of ingredient, no matter what. That's why, in our test kitchens **at the Good Housekeeping Research Institute, we go all out: We test each recipe at least three times**—and, often, several more times after that. Here's our system:

1 When a recipe is in the rough-draft stage, one member of our team prepares the dish and presents it to the food department. We decide whether or not it meets our high standards of deliciousness and works as written—but that's just the beginning. The recipe also needs to be **family-friendly, healthful, and easy to make.** For example, weeknight dinners can't take longer than 30 minutes to prepare.

2 The recipe is tested several more times **to fine-tune the flavor and ease of preparation,** always by the same team member, using the same equipment. Once this is done, the recipe is edited for clarity.

3 Another team member follows the recipe as written, **varying the brands of ingredients and kinds of equipment.** (She may do this several times—using Hunt's tomatoes on one trial run and Del Monte the next; an electric stove instead of gas; a lighter-weight pan.) One important exception: All microwave tests are done in 1,000-watt ovens. If your microwave has a different wattage, you may need to adjust the cooking time.

4 A third team member repeats the whole process **using yet another set of equipment and alternative ingredients** (margarine instead of butter, broth instead of wine, etc.).

By the time the recipes appear on our pages, they are guaranteed to work in any kitchen, including yours. **We promise.**

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chopped, and cook 5 minutes longer or until butter just begins to brown, stirring occasionally. Complete recipe as in step 4, substituting ¼ cup chopped fresh parsley and 2 teaspoons fresh lemon juice for pine nuts.

EACH SERVING About 110 calories, 4 g protein, 18 g carbohydrate, 4 g total fat (2 g saturated), 5 g fiber, 8 mg cholesterol, 245 mg sodium.

HEALTHY Brussels Sprouts with Lemon & Chives Prepare Brussels sprouts as above in steps 1 and 2. In step 3, omit pancetta and rosemary. Heat oil on medium-high until hot. Complete recipe as in step 4, substituting ¼ cup snipped fresh chives and 1 teaspoon grated fresh lemon peel for pine nuts.

EACH SERVING About 55 calories, 3 g protein, 9 g carbohydrate, 2 g total fat (0 g saturated), 4 g fiber, 0 mg cholesterol, 205 mg sodium.

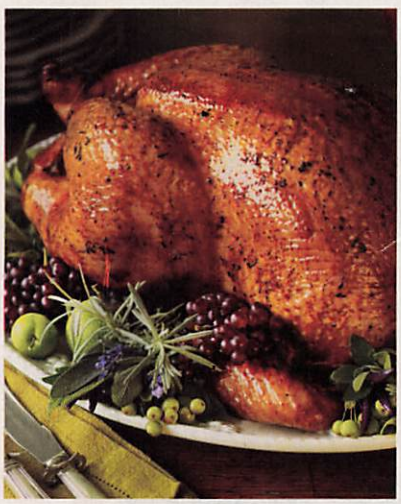
TWIST

Roast Turkey with Wild Mushroom Gravy

(also pictured on page 148)

Active time 55 minutes
Total time 5 hours
Makes 14 main-dish servings

ReciTip To keep the gravy lovers in the crowd happy, have enough chicken broth on hand (we suggest 2 cans) to add to gravies as needed in step 9. The amount of meat juice your particular turkey gives off during roasting will determine how much chicken broth you'll need to add.



- **1 (14-lb.) fresh or frozen (thawed) turkey**
- **1 lemon**
- **1 c. loosely packed fresh parsley leaves, chopped**
- **¼ c. loosely packed fresh sage leaves, chopped**
- **2 Tbsp. fresh thyme leaves, chopped**
- **Salt and pepper**
- **1 Tbsp. olive oil**
- **1 med. carrot, coarsely chopped**
- **1 med. stalk celery, coarsely chopped**
- **2 sm. onions, each cut into quarters**
- **2 Tbsp. margarine or butter**
- **8 oz. sliced white mushrooms**
- **6 oz. sliced cremini mushrooms**
- **4 oz. sliced shiitake mushrooms**
- **1 c. dry white wine**
- **1 to 2 cans (14 to 14.5 oz. each) chicken broth (if needed)**
- **⅓ c. all-purpose flour**
- **Fresh herbs and fruit for garnish**

1. Preheat oven to 325°F. Remove giblets and neck from turkey cavity; set aside. Discard liver or save for another use. Cut neck into several large pieces. Rinse turkey inside and out with cold running water and drain well; pat dry with paper towels. Place turkey, breast side up, on small rack in large roasting pan (17" by 11½"). Scatter giblets and neck in pan around turkey.

2. From lemon, grate 1 teaspoon peel and place in small bowl. Cut lemon in half and set aside. To bowl with lemon peel, add parsley, sage, thyme, 2 teaspoons salt, and 1 teaspoon freshly ground black pepper, and stir until blended.

3. In medium bowl, place olive oil, carrot, and celery; stir in 2 tablespoons herb mixture to coat vegetables. Place vegetable mixture in pan around turkey. Sprinkle remaining herb mixture inside body and neck cavities, and rub all over outside of turkey. Squeeze juice from lemon halves into both cavities, and place lemon halves and 4 onion quarters in body cavity. Place remaining 4 onion quarters in pan around turkey. Fold wings under back of turkey so they stay in place. If drumsticks are not held by band of skin or stuffing clamp, tie legs together with string.

4. Cover turkey with a loose tent of foil; roast 2½ hours. Remove foil and roast about 1¼ hours longer.

5. About 20 minutes before turkey finishes roasting, cook mushrooms for gravy: In 12-inch nonstick skillet, heat margarine on medium until melted. Add all mushrooms and cook, covered, 6 minutes. Uncover and cook 11 to 12 minutes longer or until tender and golden, stirring occasionally. Remove skillet from heat; set aside until ready to complete gravy.

6. Turkey is done when temperature on meat thermometer, inserted into thickest part of thigh next to body (not touching bone), reaches 175° to 180°F and breast temperature reaches 165°F. (Internal temperature of turkey will rise 5°F to 10°F upon standing.)

7. When turkey is done, carefully lift →

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from roasting pan and tilt slightly to allow juices to run into pan. Place turkey on large platter; cover loosely with foil to keep warm.

8. Complete gravy: Remove rack from roasting pan. Strain pan drippings into 4-cup liquid measuring cup or medium bowl, leaving giblets and neck in pan. Let drippings stand 1 minute to allow fat to separate from meat juices. Spoon ¼ cup fat from drippings into 2-quart saucepan. Discard any remaining fat.

9. Place roasting pan over 2 burners on top of range and cook 2 to 4 minutes on medium-high to brown giblets, neck, and bits on bottom of pan, stirring constantly. Carefully add wine to roasting pan and boil about 3 minutes or until wine is reduced by half, stirring until browned bits are loosened from bottom of pan. Strain wine mixture into meat juices in measuring cup; add any additional meat juices on platter. Discard giblets and neck. Add enough broth to meat-juice mixture in cup to equal 4 cups total. (You may have some broth left over; save for use another day.)

10. With wire whisk, mix flour into fat in saucepan; cook on medium 3 to 4 minutes or until mixture turns golden-brown, whisking constantly. While still whisking, gradually add meat-juice mixture to saucepan; cook on medium-high until mixture boils and thickens, stirring frequently; boil 1 minute. Stir in mushroom mixture; heat through. Pour gravy into gravy boat and serve with turkey. Garnish turkey platter with herbs and fruit. Makes about 6 cups gravy.

EACH SERVING TURKEY WITHOUT SKIN OR GRAVY About 340 calories, 57 g protein, 1 g carbohydrate, 11 g total fat (3 g saturated), 0 g fiber, 149 mg cholesterol, 415 mg sodium.

EACH SERVING GRAVY About 80 calories, 2 g protein, 5 g carbohydrate, 5 g total fat (1 g saturated), 1 g fiber, 4 mg cholesterol, 140 mg sodium.

CLASSIC Roast Turkey with White Wine Gravy Prepare turkey and gravy as above, but omit margarine and mushrooms and all of step 5 and increase white wine to 1½ cups. Makes about 4 cups gravy.

EACH SERVING GRAVY About 50 calories, 1 g protein, 3 g carbohydrate, 4 g total fat (1 g saturated), 0 g fiber, 4 mg cholesterol, 115 mg sodium.

HEALTHY Roast Turkey with Roasted-Garlic Gravy Prepare turkey and gravy as above, but omit margarine and mushrooms and all of step 5. In step 3, separate 1 head garlic into cloves; do not peel. Add garlic to bowl with vegetable mixture. In step 8, before straining pan drippings, with spatula or back of spoon, press garlic cloves, still in roasting pan, to squeeze soft roasted garlic into pan drippings; discard peels. Complete recipe as in steps 9 and 10. Makes about 4 cups gravy.

EACH SERVING GRAVY About 50 calories, 1 g protein, 4 g carbohydrate, 4 g total fat (1 g saturated), 0 g fiber, 4 mg cholesterol, 115 mg sodium.

Recipes in This Issue

GOOD BUZZ

58 Nancy Pelosi's Chocolate Mousse

GOOD FOOD

182 Cheater's Guide: Cappuccino Crème Brûlée and Vanilla Crème Brûlée

175 Express Lane: Sausage & Polenta

176 Five Ideas for...Fresh Cranberries (Cranberry Coffee Cake, Garnet Bruschetta, Linzer Waffle Sundaes, Ruby Chicken, Tangy Taco Filling)

184 Healthy Makeover: Green Bean Casserole

THANKSGIVING, SIMPLIFIED

SOUPS

194 Squash Soup with Cumin

196 Squash Soup with Curried Pear

196 Squash Soup with Rosemary

VEGETABLES AND SIDES

198 Brussels Sprouts with Brown Butter & Chestnuts

200 Brussels Sprouts with Lemon & Chives

198 Brussels Sprouts with Pancetta & Rosemary

191 Ginger & Pear Cranberry Sauce

194 Green Beans with Garlic

194 Green Beans with Hazelnuts & Brown Butter

194 Green Beans with Shallots

191 Marmalade Cranberry Sauce

191 Southwestern Cranberry Sauce

STUFFINGS & POTATOES

192 Buttermilk Mashed Potatoes

196 Butterscotch-Spice Sweet Potatoes

196 Ginger-Almond Sweet Potatoes

196 Maple-Cranberry Sweet Potatoes

194 Mashed Potatoes with Root Vegetables

194 Parsley Mashed Potatoes

192 Sausage, Chestnut & Mushroom Stuffing

191 Vegetable-Herb Stuffing

192 Whole-Grain Apple-Fennel Stuffing

TURKEY AND GRAVY

202 Roast Turkey with Roasted-Garlic Gravy

202 Roast Turkey with White Wine Gravy

200 Roast Turkey with Wild Mushroom Gravy

5 PERFECT PIES

215 9-Inch Baked Pie Shell

208 Dark Chocolate-Walnut Caramel Pie

205 Double-Crust Apple Pie

208 Old-Fashioned Pecan Pie

206 Pear-Cranberry Lattice Pie

210 Pumpkin Pie with Pecan Brittle

california almonds

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- 1 bag (12 oz.) Ghirardelli Semi-Sweet Chocolate Chips
- 1 cup (4 oz.) chopped walnuts

In double boiler over hot water, melt the bittersweet chocolate chips and butter. In large bowl with electric mixer, beat eggs and sugar until thick; stir in chocolate mixture. In small bowl, stir together flour and baking powder; stir into chocolate mixture. Gently mix in semi-sweet chocolate chips and walnuts.

Using a sheet of plastic wrap, form dough into two logs, each 2 inches in diameter and about 8 inches long. As dough will be very soft, use plastic wrap to hold dough in log shape. Wrap tightly. Refrigerate at least 1 hour or until firm.

Preheat oven to 375°F. Unwrap dough; with sharp knife, cut into 3/4-inch slices. Place slices 1 1/2 inches apart on greased or parchment-lined cookie sheet. Bake 12 to 14 minutes or until shiny crust forms on top but interior is still soft.

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5 Perfect Pies

Double-Crust Apple Pie

(also pictured on page 169)

Active time 45 minutes
Total time 2 hours plus chilling and cooling
Makes 10 servings

Pastry

- 2½ c. all-purpose flour
- ½ tsp. salt
- 10 Tbsp. cold butter or margarine, cut up
- 6 Tbsp. vegetable shortening
- 6 to 7 Tbsp. ice water

Apple Filling

- ⅔ c. sugar
- ⅓ c. cornstarch
- ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ¼ tsp. salt
- 3½ lbs. Granny Smith, Golden Delicious, and/or Braeburn apples, each peeled, cored, and cut into 16 wedges
- 1 Tbsp. fresh lemon juice
- 2 Tbsp. butter or margarine, cut up
- 1 lg. egg white, lightly beaten
- 1 tsp. sugar

1. Prepare Pastry: In food processor with knife blade attached, blend flour and salt. Add butter and shortening, and pulse until mixture resembles coarse crumbs. Sprinkle in ice water, 1 tablespoon at a time, pulsing after each addition, until large moist crumbs just begin to form.

2. Shape dough into 2 balls, 1 slightly larger. Flatten each into a disk; wrap each in plastic wrap and refrigerate 30 minutes or overnight. (If chilled overnight, let stand 30 minutes at room temperature before rolling.)

3. Meanwhile, preheat oven to 400°F. Place cookie sheet on rack in lower third of preheating oven to bake pie on later. Prepare Apple Filling: In large bowl, combine sugar with cornstarch, cinnamon, nutmeg, and salt. Add apples and lemon juice, and toss to coat evenly.

4. On lightly floured surface, with floured rolling pin, roll larger disk of dough into 12-inch round. Ease dough into 9½-inch deep-dish glass or ceramic pie plate. Gently press dough against bottom and up side of plate without stretching. Trim dough edge, leaving 1-inch overhang; reserve trimmings. Spoon apple mixture into pie crust; dot with butter.

5. Roll remaining disk for top crust into 12-inch round. Center round over filling in bottom crust. Trim pastry edge, leaving 1-inch overhang; reserve trimmings. Fold overhang under; bring up over pie-plate rim and pinch to form stand-up edge, then make decorative edge (see "6 Perfect Crusts," page 212). Brush crust with some egg white. Reroll trimmings. With knife or cookie cutters, cut out apple and/or leaf shapes; arrange on pie. Cut short slashes in round to allow steam to escape during baking. Brush cutouts with egg white, then sprinkle crust and cutouts with sugar.

6. Bake pie 1 hour 10 minutes or until apples are tender when pierced with knife through slits in crust. To prevent over-browning, cover pie loosely with tent of foil after 40 minutes. Cool pie on wire rack 3 hours to serve warm. Or cool completely to serve later.

EACH SERVING About 455 calories, 4 g protein, 61 g carbohydrate, 23 g total fat (11 g saturated), 4 g fiber, 39 mg cholesterol, 330 mg sodium. →

Photograph by Yunhee Kim, food styling by Sara Neumeier, prop styling by Emily Henderson.

GHRI TESTED

Top Pie-Making Tools

Which equipment turns out the best baked treats? Here are five GHRI picks

1 EMILE HENRY 10" PIE DISH, $40
Looking for a pie plate with a bit of personality? Check out this pretty ceramic baker that can be an all-purpose oven-to-table server. Find it in fruity shades, like cherry red, apple green, and lemon yellow. (emilehenry.com)

2 PYREX 9.5" PIE PLATE, $5.50
We baked apple-berry pies in 18 different pans to find this dream dish, which delivers a crispy crust on the top and bottom, is attractive enough to bring to the table, *and* won't leave you with a scrubbing nightmare after company leaves. (pyrexware.com)

3 OXO GOOD GRIPS BLADED DOUGH BLENDER, $10
Sure, making dough in a food processor is easy and no-mess (see our 9-Inch Baked Pie Shell recipe, page 215). But if you don't own a machine or you like to cut your dough by hand, try this affordable, comfy-handled blender. Its stainless steel blades cut the shortening quickly and cleanly—and prevent the melting and mashing that are the enemies of a flaky crust. (800-545-4411, oxo.com)

4 SIL-PIN FRENCH STYLE ROLLING PIN, $30
If you prefer a pin without handles, consider Sil-pin's tapered model. Traditional in design, it's coated with silicone that's soft to the touch and keeps dough from sticking, and it comes in cheerful colors like fire-engine red and tangerine. (fiestaproducts.com)

5 KITCHENAID PROFESSIONAL SERIES NONSTICK ROLLING PIN, $30
Adding a fistful of flour to prevent sticking as you roll makes a pie dough tough. With this rolling pin, all you need is a light sprinkling (it's coated with a material similar to the one on nonstick pans). Plus, cleanup's a breeze: Just wipe down the tool with a damp towel. (Target, target.com)

—Sharon Franke

Pear-Cranberry Lattice Pie

(also pictured on page 171)

Active time 50 minutes
Total time 2 hours 10 minutes plus chilling and cooling
Makes 10 servings

Pastry

- 2 c. all-purpose flour
- ½ tsp. salt
- 7 Tbsp. cold butter or margarine, cut up
- 5 Tbsp. vegetable shortening
- 3 to 4 Tbsp. ice water

Pear-Cranberry Filling

- ⅔ c. sugar
- 3 Tbsp. cornstarch
- ¼ tsp. salt
- 3 lbs. Bartlett pears, peeled, cored, and cut into 1-in. chunks
- 2 c. cranberries
- 1 Tbsp. fresh lemon juice

- 1 lg. egg, lightly beaten

1. Prepare Pastry: In food processor with knife blade attached, blend flour and salt. Add butter and shortening, and pulse until mixture resembles coarse crumbs. Sprinkle in ice water, 1 tablespoon at a time, pulsing after each addition, until large moist crumbs just begin to form.
2. Shape dough into 2 balls, 1 slightly larger. Flatten each into a disk; wrap →

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each in plastic wrap, and refrigerate 30 minutes or overnight. (If chilled overnight, let stand 30 minutes at room temperature before rolling.)

3. Meanwhile, prepare Pear-Cranberry Filling: In microwave-safe large bowl, combine sugar, cornstarch, and salt. Add pears and toss to coat. Cover top of bowl with sheet of waxed paper, and microwave on High 10 minutes, stirring halfway through cooking. Stir in cranberries; microwave 5 minutes longer. Stir in lemon juice. Cool filling completely in refrigerator, about 1 hour 45 minutes. (For faster cooling, spread filling on jelly-roll pan before chilling; refrigerate about 35 minutes.)

4. Preheat oven to 400°F. On lightly floured surface, with floured rolling pin, roll larger disk of dough into 12-inch round. Ease dough into 9-inch glass or ceramic pie plate; gently press against bottom and up side of plate without stretching. Trim dough edge even with rim of pie plate. Fill pie shell with cooled fruit mixture.

5. Roll remaining disk into 12-inch round. With pastry wheel or knife, cut dough into ½-inch-wide strips. Moisten edge of bottom crust with water. Place half of pastry strips, about ¾ inch apart, across top of pie. Fold every other strip back three-fourths of its length. Place first cross strip on pie perpendicular to folded strips, and unfold strips back down. Now fold back alternate strips; place second cross strip in place, parallel to first. Repeat to weave additional cross strips into lattice. Trim ends of strips even with pie edge. Press both ends of each strip to seal onto bottom edge. Make forked or other decorative edge (see "6 Perfect Crusts," page 212). Brush crust with egg.

6. Place sheet of foil underneath pie plate; crimp edges to form a rim to catch any drips during baking. Bake pie 65 to 70 minutes or until crust is browned. To prevent edge from over-browning, cover edge with foil after 40 minutes. Cool pie on wire rack 1½ hours to serve warm. Or cool completely to serve later.

EACH SERVING About 370 calories, 4 g protein, 56 g carbohydrate, 16 g total fat (7 g saturated), 5 g fiber, 44 mg cholesterol, 270 mg sodium.

Old-Fashioned Pecan Pie

(also pictured on page 170)

Active time 23 minutes
Total time 1 hour 25 minutes plus chilling and cooling
Makes 10 servings

Recipe For a grown-up version, add 2 tablespoons bourbon and ¼ teaspoon freshly grated nutmeg to egg mixture in step 2.

- **9-Inch Baked Pie Shell (page 215)**
- **¾ c. dark corn syrup**
- **½ c. packed dark brown sugar**
- **3 Tbsp. butter or margarine, melted**
- **1 tsp. vanilla extract**
- **Pinch salt**
- **3 lg. eggs**
- **1½ c. pecan halves, toasted**

1. Prepare 9-Inch Baked Pie Shell as recipe directs. Cool pie shell on wire rack at least 10 minutes. Reset oven control to 350°F.

2. In large bowl, with wire whisk, mix corn syrup, sugar, butter, vanilla, salt, and eggs until blended. With spoon, stir in pecans.

3. Pour filling into pie shell. Bake 43 to 45 minutes or until filling is set around edge but center jiggles slightly. Cool on wire rack at least 3 hours for easier slicing. Refrigerate leftovers up to 1 week.

EACH SERVING About 410 calories, 5 g protein, 41 g carbohydrate, 27 g total fat (9 g saturated), 2 g fiber, 90 mg cholesterol, 220 mg sodium.

Dark Chocolate–Walnut Caramel Pie

(also pictured on page 171)

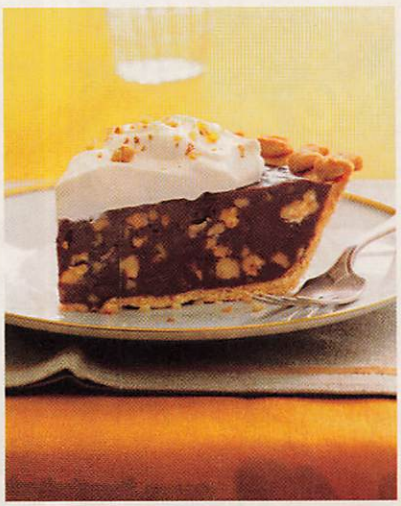
Active time 25 minutes
Total time 1 hour 5 minutes plus chilling and cooling
Makes 12 servings

- **9-Inch Baked Pie Shell (page 215)**
- **1 c. sugar**
- **¼ c. water**
- **1¼ c. heavy or whipping cream**
- **8 oz. semisweet chocolate, cut up**
- **2 Tbsp. butter or margarine**
- **2 tsp. vanilla extract**
- **1¾ c. walnuts, toasted and coarsely chopped**

1. Prepare 9-Inch Baked Pie Shell as recipe directs, but bake crust about 2 minutes longer after removing pie weights or until deep golden. Cool pie shell on wire rack at least 15 minutes.

2. In heavy 3-quart saucepan, heat sugar and water on medium-high until sugar dissolves and turns amber in color, 15 minutes, swirling pan occasionally.

3. Meanwhile, in microwave-safe 1-cup liquid measuring cup, heat ¾ cup cream in microwave on High 45 seconds or until warm. Place remaining ½ cup →



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cream in refrigerator to keep cold for whipping later.

4. Remove saucepan from heat. Stir in warm cream until a smooth caramel forms (caramel will stiffen when cream is added). Stir in chocolate and butter until completely melted. Stir in vanilla extract and 1½ cups walnuts. Reserve remaining ¼ cup walnuts to sprinkle on top of pie later.

5. Pour warm chocolate filling into pie shell. Cool 1 hour on wire rack, then cover and refrigerate at least 3 hours or until set.

6. When ready to serve, in medium bowl, with mixer on medium speed, beat remaining ½ cup cream until soft peaks form. With metal spatula, spread whipped cream on top of pie, leaving ½-inch border all around. Sprinkle with reserved walnuts.

EACH SERVING About 500 calories, 6 g protein, 40 g carbohydrate, 37 g total fat (15 g saturated), 3 g fiber, 53 mg cholesterol, 130 mg sodium.

Pumpkin Pie with Pecan Brittle

(also pictured on page 171)

Active time 23 minutes
Total time 1 hour 40 minutes plus chilling and cooling
Makes 10 servings

ReciTip To prevent unbaked filling from sloshing over the side of the crust when moving pie from counter to oven, place the prepared pie shell on oven rack. Pull oven rack out slightly, then carefully pour in the pumpkin mixture. Gently slide rack back into place.

Pumpkin Pie

- Deep-Dish Baked Pie Shell (page 215)
- ¾ c. sugar
- 3 lg. eggs
- 1 can (15 oz.) pure pumpkin (not pumpkin pie mix)
- 1 c. half-and-half or light cream
- 1½ tsp. pumpkin pie spice
- ½ tsp. salt

Pecan Brittle (optional)

- ½ c. sugar
- 2 Tbsp. water
- 2 Tbsp. chopped pecans

Whipped Cream (optional)

- ½ c. heavy or whipping cream
- 1 Tbsp. sugar

1. Prepare Deep-Dish Baked Pie Shell. Cool on wire rack at least 10 minutes. Reset oven control to 350°F.

2. In large bowl, with wire whisk, mix sugar and eggs until blended. Mix in pumpkin, half-and-half, pumpkin pie spice, and salt until smooth.

3. Pour filling into pie shell. Bake 48 to 50 minutes or until edge is set but center still jiggles slightly. Cool pie completely on wire rack, about 4 hours to serve at room temperature. Or cool slightly, about 1 hour, then cover and refrigerate to serve cold later.

4. Prepare Pecan Brittle, if you like: Line large cookie sheet with foil; place cookie sheet on wire rack (note: foil and cookie sheet will get very hot when topped with caramel). In heavy 2-quart saucepan, heat sugar and water on medium until boiling. Cook about 5 minutes or until mixture turns golden. With heat-safe spatula, stir in pecans and cook 30 seconds. Working quickly and carefully, pour hot caramel onto foil →

Photograph by ImageSource/Getty Images (beans)

Precooked Crust

Many recipes call for pie crusts to be blind-baked—that is, precooked without the filling so that the crust can set enough to form a seal. Partial blind-baking, called for in our Pumpkin Pie with Pecan Brittle and Old-Fashioned Pecan Pie recipes (this page and page 208), gives the crust a head start to keep wet fillings from causing a soggy bottom crust; pies with no-bake fillings, such as our Dark Chocolate–Walnut Caramel Pie (page 208), require a fully blind-baked crust. First, prepare your 9-Inch Baked Pie Shell (recipe on page 215), then follow these tips.

- Chill the raw pie shell at least 15 minutes before lining with foil. This will firm the dough enough to protect the decorative edge (see page 212 for six ideas) while you press foil into place.
- **Use pie weights, dry beans, or uncooked rice to half-fill the foil liner in the pie shell.** (Beans and rice can be used again for baking blind—but not in cooking, since the oven heat dries them out.)
- Bake the pie shell partway with foil and weights to set it and help keep its shape (in our recipe, this takes about 10 to 12 minutes), then remove foil and weights to continue baking and allow crust to brown evenly.
- Let crust cool at least 10 minutes before adding your filling, unless recipe specifies otherwise.
- Pay attention to the oven temperature before baking filled pie shell, as many recipes reduce the temperature after blind-baking.
- Check the edge while the filling is baking when using a blind-baked crust. If it gets too dark, loosely cover the edge with a strip of foil.

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6 Perfect Crusts

The first step to creating a beautiful crust: getting the dough into the pie plate without tearing it. After you've rolled out the dough so that it's about 3 inches larger in diameter than your pie plate, place the rolling pin at the side of the round farthest from you. Then, moving the pin toward you, loosely roll the dough back over the pin so that you end up with a dough-wrapped roller. Carefully place it over the pie plate, on the side nearest you, and slowly unfurl the dough into the plate, moving the rolling pin away from you. Use your fingertips to fit dough into pie plate by pressing it down into the bottom and up sides (don't stretch it, though—it'll just shrink back when baking). Trim the edge, leaving a 1-inch overhang. Fold the overhang under, and press together with a fingertip and thumb all the way around the crust to form a stand-up edge. Now you're ready to design an edge.

ROPE Press thumb into dough edge at an angle, then pinch dough between thumb and knuckle of index finger. Place thumb in groove left by index finger; pinch as before. Repeat, rotating pie plate as you go.

CRIMPED Push one index finger against outer edge of rim between the index finger and thumb of other hand on the inner edge of rim; pinch to make small crimp. Repeat, moving inner index finger into impression made by thumb.

FORK-SCALLOP Push knuckle of index finger against outer edge of rim; with index finger and thumb of other hand, press to make scallop. Repeat, leaving ¼-inch space between scallops. With floured fork, press edge between each scallop.

TURRET With kitchen shears, make cuts, ½ inch apart, through the edge of crust to rim of pie plate. Fold cut sections alternately toward center and rim.

ZIGZAG With kitchen shears, make diagonal cuts, ½ inch apart, around edge of crust to rim of pie plate. Using index finger and thumb of one hand, gently pinch each cut piece and alternately point toward center and rim.

FORKED After folding overhang under, press edge to lie *flat*. With floured fork, press dough to rim of plate; repeat around edge. *—Allison Dewine*

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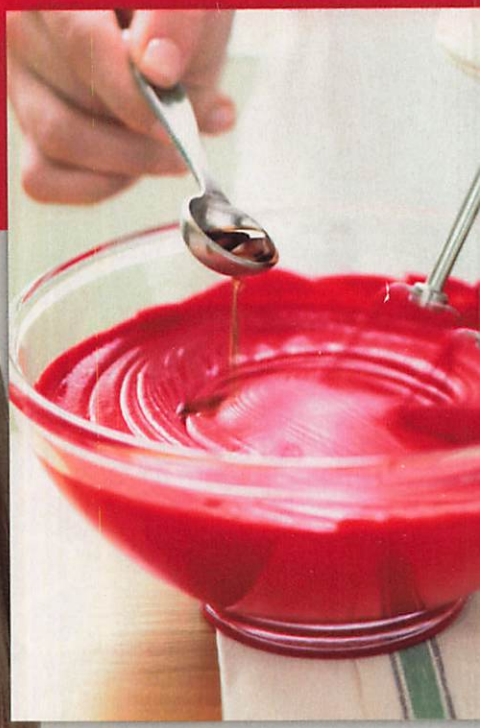

Measure it

Spill it

Bake it

Devour it

McCormick® Red Velvet Cupcakes

2 ½ cups flour	1 cup butter, softened	½ cup milk
½ cup cocoa powder	2 cups sugar	1 bottle (1 oz.) **McCormick® Red Food Color**
1 tsp. baking soda	4 eggs	2 tsp. **McCormick® Pure Vanilla Extract**
½ tsp. salt	1 cup sour cream	Vanilla Cream Cheese Frosting

MIX flour, cocoa, baking soda, and salt. **BEAT** butter and sugar in large bowl with electric mixer on medium speed 5 minutes or until light and fluffy. Beat in eggs, 1 at a time. Mix sour cream, milk, food color, and vanilla. Gradually beat in flour mixture on low speed just until blended. Spoon batter into paper-lined muffin cups, filling each cup 2/3 full. **BAKE** in preheated 350°F oven 20 to 25 minutes. Cool in pans 5 minutes. Remove from pans; cool completely. Spread with frosting. Makes 30.

McCormick Vanilla Cream Cheese Frosting: BEAT 1 package (8 oz.) softened cream cheese, 4 tbsp. softened butter, 2 tbsp. sour cream, and 2 tsp. **McCormick Pure Vanilla Extract** in large bowl until light and fluffy. Gradually beat in 1 box (16 oz.) confectioners' sugar on medium speed until smooth.

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The Taste You Trust®

and carefully lift and tilt cookie sheet slightly (holding foil in place) to spread caramel into a thin even layer. Let brittle cool completely, about 30 minutes. When cool, peel foil away, and break brittle into 10 pieces to garnish pie.

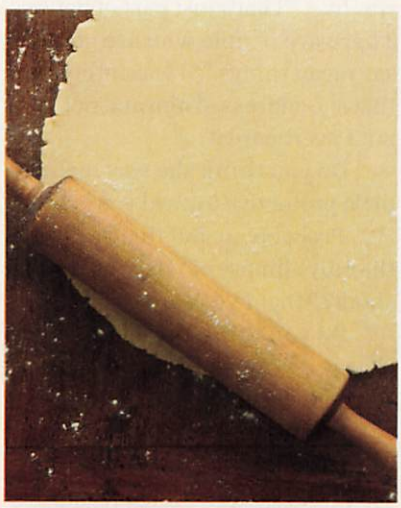
5. When ready to serve, if you like, in medium bowl, with mixer on medium speed, beat cream with sugar until soft peaks form. Serve each serving of pie with a dollop of sweetened Whipped Cream, and garnish with a piece of Pecan Brittle. Refrigerate any leftovers up to 4 days.

EACH SERVING WITHOUT WHIPPED CREAM AND BRITTLE About 290 calories, 5 g protein, 34 g carbohydrate, 16 g total fat (7 g saturated), 2 g fiber, 89 mg cholesterol, 270 mg sodium.

9-Inch Baked Pie Shell

Active time 17 minutes
Total time 40 minutes plus chilling and cooling
Makes 1 (9-inch) pie shell

ReciTip We prefer making the dough for our pie crusts in the food processor because it's so quick and easy. But if you would rather, the crust can be made by hand: In step 1, combine flour and salt in a large bowl, and with a pastry blender or 2 knives used scissors-fashion, cut in butter and shortening until mixture resembles coarse crumbs. Add ice water, mixing lightly with a fork after each addition, until dough is just moist enough to hold together. Complete recipe as below in steps 2 through 4.



1⅓ c. all-purpose flour
¼ tsp. salt
5 Tbsp. cold butter or margarine, cut up
3 Tbsp. vegetable shortening
4 to 5 Tbsp. ice water

1. In food processor with knife blade attached, blend flour and salt. Add butter and shortening, and pulse until mixture resembles coarse crumbs. Sprinkle in ice water, 1 tablespoon at a time, pulsing after each addition, until large moist crumbs just begin to form.

2. Shape dough into disk; wrap in plastic wrap and refrigerate 30 minutes or overnight. (If chilled overnight, let dough stand 30 minutes at room temperature before rolling.)

3. Preheat oven to 425°F. On lightly floured surface, with floured rolling pin, roll dough into 12-inch round. Ease dough round into 9-inch glass or ceramic pie plate. Gently press dough against bottom and up sides of plate without stretching. Trim dough edge, leaving 1-inch overhang. Fold overhang under; pinch to form stand-up edge, then make decorative edge (see "6 Perfect Crusts," page 212). Freeze pie shell 15 minutes.

4. Line pie shell with foil or parchment, and fill with pie weights, dried beans, or uncooked rice. Bake 10 to 12 minutes or until beginning to set. Remove foil with weights, and bake 13 to 15 minutes longer or until golden. If shell puffs up during baking, gently press it down with back of spoon. Cool on wire rack until ready to fill.

EACH 1/10 PIE SHELL About 150 calories, 2 g protein, 13 g carbohydrate, 10 g total fat (5 g saturated), 1 g fiber, 16 mg cholesterol, 120 mg sodium.

Deep-Dish Baked Pie Shell: Prepare 9-Inch Baked Pie Shell as above, but increase all-purpose flour to 1½ cups and vegetable shortening to ¼ cup. Ease dough into 9½-inch deep-dish pie plate.

EACH 1/10 PIE SHELL About 165 calories, 2 g protein, 14 g carbohydrate, 11 g total fat (5 g saturated), 1 g fiber, 16 mg cholesterol, 120 mg sodium. ■

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Michelle Obama

continued from page 145

that families aren't just surviving but they're *thriving*. Within the last year, I've even honed that focus a bit more to military families.

RE: I know you've spent a lot of time with military families.

MO: We have to remember that when our troops go to war, our families go to war. We can do [our troops] a greater service if we can ensure that while those folks are fighting on behalf of our country, that their houses aren't being foreclosed on, that they have health care, that their kids have good schools to go to. And that when they come back, maybe they can finish their own education, or send their kids to college. That's the way we honor the service of our men and women, and I just think we're not doing enough.

RE: What would you say has been your single most challenging moment and your proudest moment in your learning curve as a potential First Lady?

MO: It is always my focus to make sure that I'm doing my job as a mom, you know? Barack and I both—no matter what's going on in the campaign or what's being said in the media—are always measuring our progress by how our kids are doing. And I think in that way, we're probably not unlike most parents. We're as good as our kids are. If they're happy and whole, feeling confident and loved, and they're doing well in school, and they have friends and a centeredness about themselves, then I feel like whatever else is happening, it really doesn't matter.

Right now, I'm doing what every parent is doing: starting the school year! My oldest daughter is starting middle school, so we've got to get books. I'm making sure that we know the new schedule, and where her locker is, and if we need a lock. I don't want her to miss a beat. I want her to start school like every fifth grader will start—really prepared, [knowing] that Mommy didn't forget a note, that she read every piece of material, and that her jeans fit.

RE: And that those jeans are cute.

MO: And that they're *cute*—right! Trying to anticipate projects, what they're going to need—that's how I'm spending my emotional energy.

RE: So what has been the most challenging thing?

> "People are going to have to educate themselves and be open to the truth. And then they're going to have to vote"

MO: It's the guilt—feeling like I should be doing more with the campaign, that I should be doing more with my girls, that I should be exercising more. Just like all women...

RE: What has been the most rewarding part of your learning curve?

MO: I have loved traveling the country. Every day [that] I go out has been a good day. People are open, they're decent, they're listening, they're trying to figure this stuff out. Whether they like Barack or not, people have been kind in every part of the country. In every city, in every little town I've gone into, it has been a delight. I think we would see ourselves differently as a country if we had a chance to go into other people's communities and have a conversation and share some stories and recognize ourselves in one another. I've felt at home in almost every community I've been in. I've recognized the food, the values. I've recognized the hard work, the sadness, the fears. All stuff that we share.

RE: The pace is OK?

MO: The pace is less of an issue because I'm a working mother—I'm used to this! This is more intense, so you learn to adapt to it, just like most women do.

RE: Is there anything about having their dad run for President that particularly thrills or upsets your girls? How are they?

MO: They're doing great. I don't think there's anything amazingly thrilling or amazingly disappointing because we don't take them there. How many kids *really* care about what their parents do for a living? My kids, fortunately, are at the age where they're still wonderfully self-centered. What Dad does is neat, and they want Dad to win, and they think Dad'll be a great President. They will be sad for a second if he loses, but then the next day, they'll say, "OK, what're we doin' tomorrow?"

RE: Do you feel like being scrutinized so closely over these last few months has changed them at all?

MO: I'm watching it. The policy is that we talk honestly. You know, Malia heard something on the news when they were attacking my patriotism. I heard her asking Barack, "What's this about?" And Barack was like, "That's just part of politics. There are people who are going to say mean things." It was interesting that she addressed him and not me—but I overheard it.

RE: Do you think she was feeling a little protective toward you?

MO: Probably so. But that really was the only glimpse of "Hey, what's that about?" that I've heard.

RE: Do you think this election has changed how we think about race? Why or why not?

MO: I think absolutely it has. We are talking about issues that we have never talked about before out in →

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Michelle Obama

continued from page 216

the open. The good *and* the bad. I think that at least for the kids I know—not just African-American kids—seeing different images of what is possible means something. So many kids—because of their race, their economic background, or where they live—don't see themselves [reflected in the world]. And when kids don't see themselves, they don't see their possibilities. As young people have watched Hillary Clinton and Barack Obama being treated as serious, viable candidates—people who could be President of the United States—it changes *everything.*

The night that Barack secured the nomination, [my girls and I] did our ritual of getting into bed and chatting, and they're like, "Ooh, this is a big night for Dad!" I said, "Do you guys realize that an African American has never been a presidential nominee [before]?" and Malia, our oldest, said, "I can believe that. Because black people were slaves and they couldn't vote for such a long time and *of course* this a big deal." Then she said, without missing a beat, "Just like it would've been a big deal if Hillary Clinton had won, because women weren't able to vote." So yeah! She gets it. She's 10.

RE: Smart girl.

MO: There are a lot of smart kids in this country, all looking at this stuff. I think that's a thing we have to remember: Kids are smart. They see the images we put out—good and bad.

RE: If you could go back and change one comment that you made during the past year about your husband or the campaign or yourself, what would it be?

MO: I wouldn't change anything. It's a matter of clarifying—being more precise in statements—because things get misconstrued if you leave out one word or if you use the wrong intonation. I think the substance of everything I've said has come from a point of honesty and truth. I try to be as open as I can be so that people measure who I am. I just feel like that's what candidates owe the country.

RE: So let me ask you this: You don't even regret the now-oft-quoted comment about being proud to be an American?

MO: It's a mischaracterization that has nothing to do with the intended statement. I *am* proud of my country—I've always been. Nowhere but here could my story be possible. My father was a pump operator who got up every day and went to work, earned a minor living, and sent us to *Princeton.* And now I am raising [his] granddaughters, who will have access to things that he could have never dreamed of.

RE: OK, now let me ask you this: What gives you strength during tough times?

MO: My values. Family, faith, the values that I was raised with, the messages from my parents. Those life lessons that you learn growing up: Work hard, treat people with respect, tell the truth.

RE: So tell me why our readers—the average American mom who's maxed out in terms of time and energy, who's worried about her spouse's or her own job security, who's trying to pay off her mortgage or save for college—why should she vote for your husband in the upcoming election?

MO: Because we can't keep doing the same thing that we've been doing in this nation and expect a different outcome. We're going in the wrong direction as a nation. And people are feeling it. And I think the majority of your readership is probably working harder for less. And they probably have a difficult time figuring out how they're going to lay out their future—how they're going to educate their kids, how they're going to retire, what's going to happen with their health care. Most people are deathly afraid we will not end this war—particularly as [they're] thinking about the future of [their] kids. So I would just want to urge people to really think about the issues that matter most to them, because Barack is the *only* candidate who has a clear plan for moving us to a different place.

But he can't do it alone. Which means that even as the readers are busy and tired, they're going to have to really listen, do their research—go on the Web sites, attend a rally. Don't make assumptions, because there are so many misconceptions. People are going to have to educate themselves and be open to the truth. And they're going to have to vote. That's our power for change. Women will make the difference in this race.

I urge people to think about our kids. What kind of environment are we handing over to them? What happens if most kids aren't educated? What happens if we don't have a strong foreign policy? When I get tired in this campaign, I think about my daughters. And the only person in this race who I would want to lead for my daughters is Barack. ■

> "I want to be a voice for figuring out, How do we provide more support so that families aren't just surviving but they're thriving?"

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Life's Better on Iams

Cindy McCain

continued from page 147

issue. But what *don't* people know about you that you wish they did?

CM: I'm very easygoing, actually. I think I'm very spirited too—I think my husband would say that. In everything I do, my children come first, and my husband. I just think family stability is so important to maintain through all of this.

RE: How have you done that? I mean, creating stability while you're on a campaign trail—it almost seems like an oxymoron.

CM: You know, BlackBerrys are a wonderful tool [*chuckles*]. I'm very tenacious about keeping up with my kids, as they are with me. And of course we have one daughter who's actually traveling with us, and that's been wonderful.

> "In everything I do, my children come first, and my husband. I just think family stability is so important to maintain"

RE: You told the *New York Times* that in the days when you were coping with your back problem you said, "I should have told [John]. He never knew it. I wanted to be the perfect woman in those days." Who do you want to be today?

CM: I just want to be who I am. I think all women go through the belief that they need to be superwoman—that to be successful in any way, and I don't necessarily mean in business, you had to be superwoman. And I learned the hard way that not only do you not have to be superwoman, but it's better not to be. What I would like to be now is just to be a good person, someone who tries her best and puts her best foot forward.

RE: As a woman and as a mom, what are the campaign issues that you care about the most?

CM: Certainly the war. My own sons have been and are active military, and many, many thousands of other young men and women around the world are involved in it. And the economy...the economy-slash-education; I put them together. I—like everyone else—have to fill my gas tank in my car. I have to feed my family. I have to be able to make sure that I can keep a roof over their heads and, with things escalating the way they are, it's very difficult. People are losing their homes. And with that comes the opportunity for education. John and I had a wonderful opportunity to be able to send our children to the schools of our choice. Not everybody has that. We want everybody to have that. I think it's a right that every American parent should have—choice and competition in education, and choice in schools are most important to me.

RE: Please finish this sentence: I'll know I've done a good job raising my kids and stepkids if...

CM: If they are happy and are doing the things they want to do.

RE: Spoken like a true parent. OK, changing gears: Do you think that this election has changed how we think about race? And if you do, how?

CM: I think it's a phenomenal age of politics because there are many firsts in this race. But I don't think it has changed—nor should it change—the way people look at race. I think Americans are good-hearted, open-minded people and race doesn't enter into this—at all.

RE: You think that race is not a factor in the presidential race at all?

CM: No, I really don't believe it is. Yes, you know, Mr. Obama is an African-American man and yes, we're Irish. And isn't that wonderful? It's a wonderful thing for America. So I really don't think race plays a part.

RE: Are there popular perceptions of Cindy McCain that you think are inaccurate? What are the perceptions that you think are wrong?

CM: I saw written someplace that people thought that I was kind of like a Stepford wife, and that couldn't be further from the truth. I think my husband would say that, too. I have very distinct opinions. Just because I choose to be a little less overt out on the campaign doesn't mean I'm anything less than very opinionated and very intelligent.

RE: And what do you think the misperceptions about Michelle Obama are?

CM: I don't know her, but just from being a mother myself, I know she's a good mother. I know she loves her husband, believes in him and believes in this country. And I've seen things written to the difference, and I don't believe that in any way, shape, or form.

RE: Who are your heroes? Who are your role models?

CM: My father. He was soft-spoken—a very gentle man, but also very strong-willed. He was the kind of man who would do business on a handshake; he trusted people. He believed in the good faith of others.

RE: What is the cause now that's nearest and dearest to your heart?

CM: I'm involved in a lot of different things. As you know, Operation Smile—I'm involved in that because of my daughter Bridget. I have become very involved in HALO Trust, which is a land mine organization. With both Operation Smile and HALO, you can see immediate results, and that's good. But I also understand the long-term issues facing us. The organization called →

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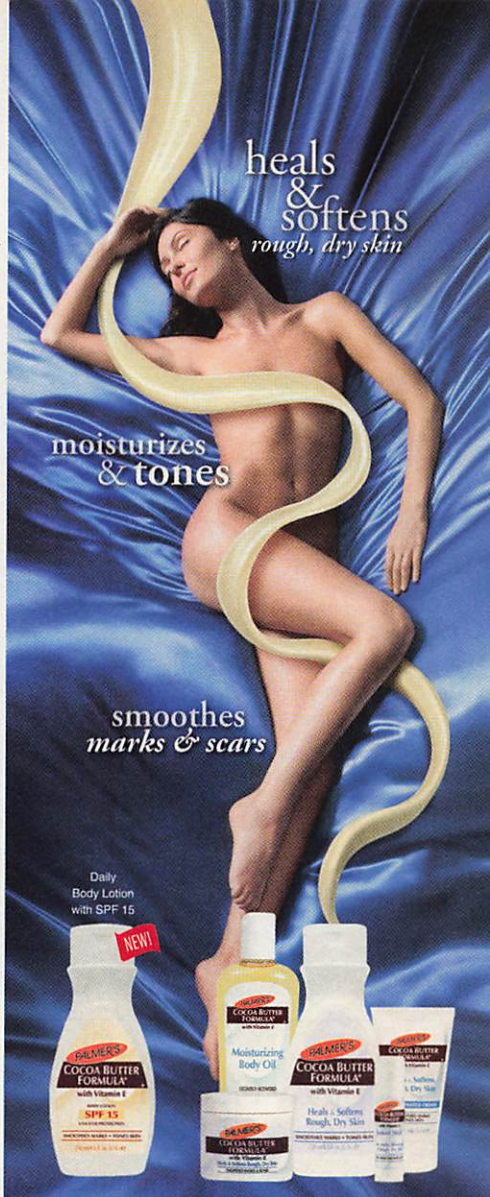

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Cindy McCain

continued from page 220

Women for Women International that's empowering women, teaching them their constitutional rights in countries where they didn't know they had rights. And you don't see it immediately, but the overall effect is so dynamic and so wonderful.

RE: If your husband does win and he's elected to the White House, First Ladies usually have a cause that they espouse. Have you decided yet what yours would be?

CM: I would continue to do the things that I do now, and get into the field and work, and be an example to other people that you can't rely on the government to be the answer to everything. If you really want to see change, and have change, you're gonna have to get involved. But I'd also like to bring light to issues that are important, [like] women's rights around the world. Fledgling countries are, in my opinion, empowered by women. Women's rights around the world are especially important because [women] affect children and families. And the cascade effect is remarkable.

RE: Is there anything that keeps you up at night worrying?

CM: Oh, where my children are [*laughs*]! I'm no different than anybody else.

RE: Are there any words of courage that give you strength during hard times or when times are tough?

CM: I rely on some words that actually my husband said to me. He jokes about saying, "You know it's only darkest before it's totally black!" Even in my darkest hour—and my darkest hour was probably when I lost both my parents—I look to him and I see what he has endured, what he has overcome, what he is doing with his life, and just how he's lived his life. And he is such an inspiration to me. I know I'm married to him, and I *should* say those things, but he's just such a hero of mine, too. And so I look to him for his guidance and his friendship and his funny little lines because they mean a great deal.

RE: Do you have heart-to-heart conversations with your husband about where you see room for improvement in his campaign, or opportunities that are missed—and if so, does he take your advice?

CM: Yeah, we do have heart-to-hearts with each other. I want the best for him, so I am going to tell him the truth—as he does to me. We both listen to each other very carefully. And generally do what we both suggest.

RE: If your husband wins the election, how are you going to celebrate?

CM: Probably sleep [*laughing*]!

RE: In the event that he doesn't win, how do you think you'll support and comfort each other?

CM: My husband's the first one to say, "This is not the end of the world." We're doing what we want to do, what we have chosen to do, and we know the risks involved. And if, by chance, this doesn't go our way, we'll go on with our lives. We have a wonderful family and a wonderful life. There's plenty to celebrate.

RE: Speaking of family, when you get together for Thanksgiving, how do you celebrate? Set the scene for me.

CM: John cooks the bird. He deep-fries the turkey! I do all the other things [*laughing*]! I like doing it. It's fun. And then we get everybody together, and we usually go around the table and ask, for that year, what was your best day and worst day?

RE: How did that start?

CM: John started it. We started it when we first started having kids, and we've been doing it ever since.

RE: Do you have a secret talent?

CM: I guess car racing. I'm fascinated by it. I think my other secret talent would probably be I'm into every technical thing there is—computers, BlackBerrys, all that kind of stuff.

"You're always going to know that [my husband] will think about and worry about your security first, your life first"

RE: Twenty-six million women read *Good Housekeeping* every month. What do you think is the most important thing for them to know about your husband's candidacy?

CM: I think for women, particularly, it's most important to understand that he, number one, puts country first. This isn't about being a politician. This isn't about a particular party. This is about our country. What they will get in him is a man who has always put country first. So everything he says you may not agree with, but you're always going to know right where he stands. You're always going to know that he will think about and worry about your security first, your life first. And most important, he wants to make sure that you will have a higher opinion of government. We're at our lowest possible in the public opinion of our government, and that's not healthy for our country. You will see a man who will truly be a great leader for the moms out there and their children. ■

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The insides of food cans are often lined with an epoxy resin that keeps corroding metal away from the food. But bisphenol A in that resin can migrate into the foods; in fact, it's the major source of our exposure to the chemical, says the government's National Toxicology Program. While the FDA has issued reassuring statements about the risk, other experts aren't so convinced. In 2007, the nonprofit Environmental Working Group found BPA in more than half of the 97 food cans it tested, with the highest levels coming from chicken soup, infant formula, and ravioli. Just one to three servings of those foods with those concentrations could expose a woman or a child to BPA at levels that cause serious adverse effects in animal tests, the group concluded.

Though you may see "BPA-free" on some canned goods, food manufacturers are not required to list the chemical on labels, so you have no way of knowing whether it's present. To limit your family's exposure:

- **Buy more fresh or frozen** fruits and vegetables.
- **Choose soups and broths that come in aseptic boxes** or dried soup mixes in nonplastic bags.
- **Be extra cautious with infants:** If you use commercial formula, buy it in powdered form, which comes in a foil-lined cardboard container and shouldn't have any BPA, says the FDA.
- **Use BPA-free baby bottles** and sippy cups.

Plastics

continued from page 161

The FDA estimates that adult Americans consume, on average, a cumulative 11 micrograms of BPA per day through diet—mostly from the liners in canned foods, say several scientific groups. Is that level a lot? Is it safe? No one really knows yet, but "we're concerned about how much exposure there is to this chemical and possible health repercussions," says Anila Jacob, M.D., a physician and senior scientist for the Environmental Working Group (EWG), a nonprofit watchdog scientific organization.

Nor does anyone know for sure whether BPA accumulates in humans over time, though most scientists believe adults process it quickly—in as little as a day. However, the fact that so many of us have the compound in our bodies means that we're exposed to it daily, says Dr. Jacob. And fetuses and babies may not metabolize the chemical as well as adults, other experts point out, so it's possible that it builds up in their small bodies.

TINY AMOUNTS, BIG PROBLEMS

Despite BPA's pervasiveness in nearly all of us, the actual amount found in our blood and urine is very small—perhaps equivalent to mere drops of water in a swimming pool. That's not enough to harm us, according to the FDA, which first reviewed BPA in the 1980s, and in August issued a draft report stating that exposure to the small amounts of BPA that migrate from containers into the food they hold is not dangerous.

Traditionally, government toxicologists have operated under the well-known theory that "the dose makes the poison"—the more chemical you ingest, the sicker you get. Keep the levels below a certain threshold and you'll be OK. That's why the FDA issued its reassuring statement and why the American Chemistry Council, an industry trade group, also believes the amounts of BPA we ingest are safe. "An average adult would have to consume more than 500 pounds of canned foods and beverages every day" just to reach the safety standards set in the U.S. and Europe, says Steven Hentges, executive director of the ACC's Polycarbonate/BPA Global Group.

But even if we're not being directly poisoned, there still may be chronic health effects, say experts whose studies point to a different way of assessing harm. BPA and phthalates are what are known as endocrine disruptors—chemicals that can interfere with our hormone systems, mimicking, shutting down, or modifying the chemical signals that regulate everything from metabolism and reproduction to our bodies' response to stress.

This new understanding turns the "dose makes the poison" logic on its head, suggesting that even tiny levels can cause damage if exposure happens at a particularly sensitive time during development, such as when a fetus's brain or sex organs are forming in the womb. "There are critical windows of vulnerability," says Maida Galvez, M.D., a pediatrician with the Mount Sinai Pediatric Environmental Health Specialty Unit in New York City. "It can be a question of when in addition to how much." Or, as some scientists now put it, "the *timing* makes the poison," says Andrea Gore, Ph.D., who studies hormone disruptors at the University of Texas at Austin.

Until recently, researchers had no way to detect the small amounts that are at the heart of this controversy. But "now that we can measure these low levels, we see how incredibly potent these compounds are," says David O. Norris, Ph.D., an endocrinologist at the University of Colorado at Boulder. It's possible, say many researchers, that early exposure to chemicals like BPA is making more of us grow up →

Photograph by istockphoto

Plastics

continued from page 224

to be chubby, infertile, or more prone to illness as kids and adults.

MESSING WITH OUR HORMONES

It's no surprise that BPA affects hormones—the molecule was tested in the 1930s as an artificial estrogen. But it was passed over for a stronger synthetic estrogen—the notorious diethylstilbestrol (DES)—which, starting in the 1940s, was given to pregnant women to prevent miscarriage. Many women used DES until the early 1970s, when researchers discovered it was causing an unusual cancer of the reproductive tract in young women who'd been exposed to the hormone in the womb. (Ironically, it turned out that DES didn't prevent the miscarriages for which it had been prescribed in the first place.) Today, as DES children—and now DES grandchildren—have grown up, doctors have cataloged a long list of reproductive and other abnormalities linked to the drug.

As for BPA, its dark side began to emerge in the 1990s. One dramatic discovery happened by accident: In 1998, Patricia Hunt, Ph.D., a reproductive biologist then at Case Western Reserve University, was studying mouse eggs when her experiment suddenly went haywire. Her control mice—the healthy ones—started developing the sorts of genetically abnormal eggs that can lead to miscarriages and birth defects. "We checked everything," Hunt says. "Was it the air in the facility? Were there pesticides coming in?" Finally, after weeks, they found that a temporary worker had used the wrong detergent to clean the plastic cages and water bottles, causing BPA to leach into the mice's water and environment.

While more and more reports about BPA-affected lab animals were coming in, other scientists were growing concerned about another group of endocrine disruptors: phthalates. They are added to many plastic products—automobile dashboards, vinyl shower curtains, raincoats, even your toddler's rubber ducky—to make them soft or pliable. Certain phthalates are also used in beauty products, to prevent chipping in nail polish, for example.

Like BPA, phthalates have been "added" to most of us as well. In a CDC study published in 2004, more than 75 percent of the 2,540 men, women, and children surveyed had measurable levels of seven different phthalates in their urine, with children having the highest levels of three of the chemicals. The numbers were startling and puzzling: "We don't really know where all our exposure comes from," says Shanna Swan, Ph.D., director of the Center for Reproductive Epidemiology at the University of Rochester in Rochester, NY. "It's not like DES. We can't just ask if you've taken a drug. This is a silent, hidden exposure." Swan and other experts believe, though, that phthalates might come from household dust and food.

ARE THESE CHEMICALS MAKING US SICK?

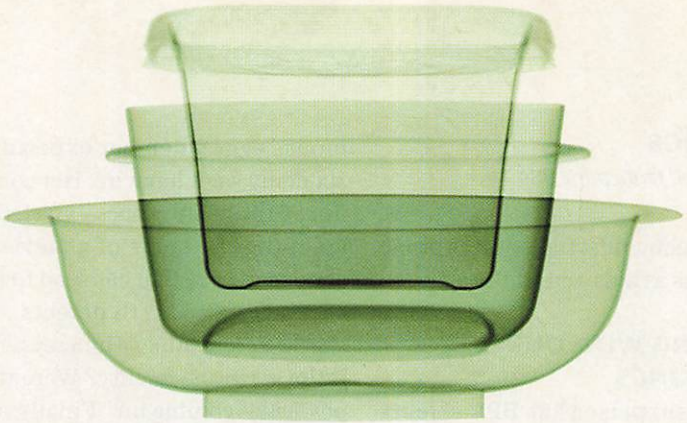
With BPA and phthalates, there's nothing like the smoking–lung cancer connection, but there are lots of smoking guns. The research is still in its early days, and much of what we know comes from work with animals. Also, not all phthalates have been linked to health problems. But many prominent scientists believe these chemicals may cause a range of problems related to our hormones:

• *Lower sperm counts and other reproductive abnormalities* Since the late 1990s, after Hunt found that mice in BPA-contaminated cages developed egg abnormalities, she and dozens of other researchers have linked the chemical to reproductive problems in rodents, including lower sperm counts and abnormal eggs. Phthalates, too, may cause reproductive →

RISKY NUMBERS The American Chemistry Council says there are no phthalates in plastic food containers or wraps. However, GHRI testing did find low levels in one wrap (and BPA in it and in three other products). If you want clues to the components of plastics, check the recycling codes on the bottoms of containers. Number 7 may contain BPA and 3 may contain phthalates. Generally, plastics with the numbers 1, 2, and 4 are OK; many experts say that containers marked 5 are too, but one of the BPA-containing items in our tests was labeled 5. Here are other steps you can take to protect your family: Cool food or liquids before putting them in a plastic container. (University of Cincinnati researchers found that baby bottles leached BPA into boiling water up to 55 times faster than into room-temperature water.) And avoid putting plastic items in the dishwasher; the detergent and heat break down the plastic, which may cause BPA, if it's present, to leach out.

Plastics

continued from page 225

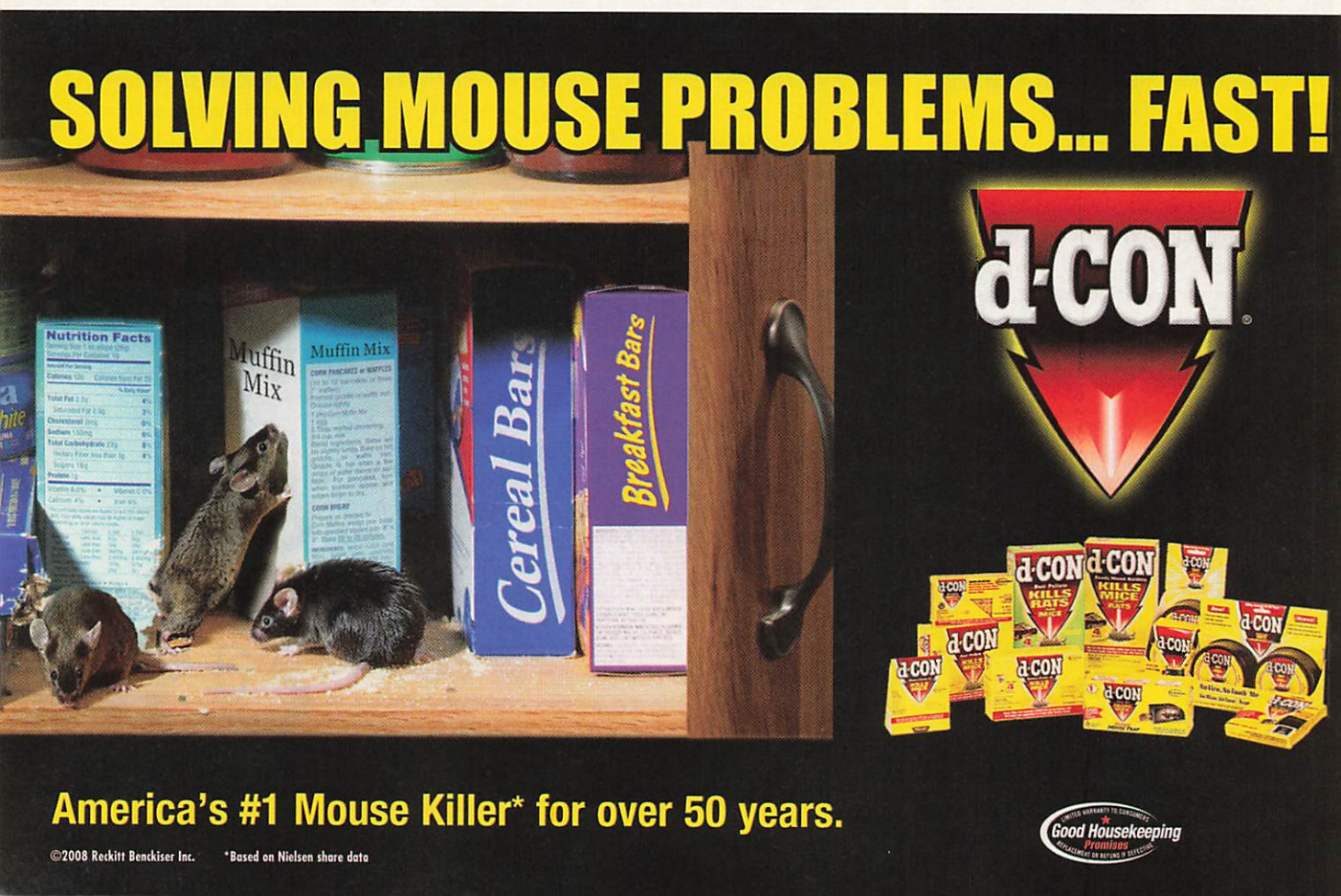


problems. In 2006, when Harvard researchers studied 463 men seeking treatment at a fertility clinic, the scientists reported that men with higher levels of certain phthalates in their urine had lower sperm counts and sperm motility, as well as damage to sperm DNA, all of which affect the ability to impregnate a partner.

In one of the most important human studies so far, Swan measured phthalates in 85 pregnant women in three U.S. cities—Los Angeles, Minneapolis, and Columbia, MO. In that 2005 study, women with the highest phthalate levels were most likely to give birth to sons with smaller penises, smaller testes, and "reduced ano-genital distance" (the space between the testes and the anus). In other words, these baby boys were somewhat de-masculinized, which could signal impaired semen quality and decreased fertility later on. "The results were dramatic," Swan says. "We were surprised by how strong the link was. And, based on animal studies, we're concerned about possibly serious health consequences for these boys as they get older."

• *Early puberty* "We think girls are maturing younger and younger," says Mount Sinai's Dr. Galvez, "and we're now trying to find out if endocrine disruptors play a role." Her center is involved in a large study that is tracking 1,200 girls, currently ages 6 to 8, for five years. But there are already clues. In Puerto Rico, researchers have been studying girls who have developed breasts at extremely young ages (before 8, and most starting before 2). Their 2000 study showed that these children had phthalate levels, on average, almost seven times higher than those in a control group of girls. While the researchers stress that this correlation does not prove there's a link, their report concludes,

Photograph by David Arky



ominously, that "if the hypothesis holds true, premature sexual development in Puerto Rico may prove to be an unfortunate example of the impact of endocrine-disrupting environmental chemicals at a critical stage of human development."

• *Cancer* Early puberty, in turn, has been linked to an increased risk of breast cancer. BPA, too, causes precancerous growths in lab animals, both prostate and breast abnormalities. But in humans it's hard to prove cause and effect with 100 percent certainty, says Andrea Gore. "We're exposed to so many things, and our mothers ate and drank this or that and 50 years later we get breast cancer," she says. "How can you go back and say, 'It must be this chemical?'"

• *Obesity and diabetes* In one study of adult men, those with higher-than-average phthalate levels tended to have a larger waist circumference and increased insulin resistance, precursors to diabetes. In a study of mice, the ones fed BPA were more likely to give birth to offspring who became obese.

• *Neurobehavioral abnormalities* In a lengthy review article, published in 2007, researchers reported that low doses of BPA during development affect brain structure, function, and behavior in rats and mice.

IF THE CHEMICALS ARE SO RISKY, WHY...

In 1988, when the Environmental Protection Agency (EPA) set a safe consumer limit for BPA—you could ingest 50 micrograms per one kilogram of body weight per day—it used the old-school tests. Typically, that meant dosing rodents with high levels of the chemical and looking for disease (or death), then reducing the amount of chemical until it had "no observed adverse effect." Usually, a fraction of that level is what's allowed in our food and consumer products.

But what scientists like Hunt and Swan and others have come to realize is that chemicals like BPA and phthalates don't play by the rules. Many of their and other studies of endocrine disruptors have found serious health effects at levels as low as 2 micrograms per one kilogram of body weight—*that's 25 times lower than the EPA's safe level.* "We've been using an oversimplified mode of measurement," says Scott Belcher, Ph.D., associate professor of pharmacology and cell biophysics at the University of Cincinnati.

> "We don't know about other chemicals. The government isn't doing the tests"

There's an additional worry: what *other* chemicals in plastics might be doing. "We just don't know, because the government isn't doing the proper testing to find out," says Dr. Jacob.

That will likely change, though slowly. In 2000, the EPA established the Endocrine Disruptor Screening Program. But due to prolonged debate among scientists, agency officials, and industry about the best ways to set up the tests, the program has yet to evaluate a single chemical. And when the agency finally—last year—proposed a draft list of 73 chemicals for the first round of testing, neither BPA nor phthalates were on it. Pesticide chemicals, with a more established history of causing health problems, will be first. In contrast, the European Commission has already begun screening chemicals for possible endocrine effects, and has identified 320 that will be subject to additional, rigorous testing.

In the meantime, the National Toxicology Program has stepped in, conducting its own revised review of BPA. Its draft report, released last April, was stronger than its earlier version, adding "*some* concern" for BPA exposure in fetuses, infants, and children, based on effects in the prostate and mammary glands, and on an earlier age for puberty in females. However, the final report, released in September, downgraded the concern for the mammary glands and earlier puberty from "some" to "minimal."

The NTP advice to consumers was hard to decode. "There was nothing in our report that should cause alarm...but at the same time, people should make their own decision about which precautions they want to take," says Michael Shelby, Ph.D., director of the NTP's Center for the Evaluation of Risks to Human Reproduction. "The science is just not definitive."

Which brings us back to my kitchen and yours. Since learning more about the health effects of plastics, including how much we don't know, I've changed some habits. Some of this is, admittedly, driven more by emotion than science. My kids haven't reached puberty yet, and I don't want them to any earlier than nature intended. I give them water in BPA-free bottles. When I buy cheese wrapped in plastic, I cut off the edges and toss them before eating or giving it to my children. I now store leftovers in ceramic or glass containers in the fridge, and I don't put anything plastic in the microwave because there's still a lot to learn about the interactions of heat and plastic—and it's easy to find an alternative. I also now buy phthalate-free shampoo and face cream.

I'd be happy to stop doing all this, but until the government starts testing household plastics in ways that will tell us what's safe and what's not, I will go on being a little obsessed. There are many ways moms try to protect their families. My list just got a little longer. ■

A Family Affair

continued from page 156

could never have imagined such a life when they struggled with infertility (due to Kate having polycystic ovary syndrome). But thanks to infertility treatments, the couple conceived, and twins Cara and Mady were born on October 8, 2000. The Gosselins were the very definition of cautious, controlled parents—each night, Kate and Jon would put all the Fisher-Price Little People back where they belonged in the dollhouse, in precise order. Kate concedes, "Jon and I were ridiculously, over-the-top anal."

Three years later, they returned to the fertility clinic. As they relate at the opening of every episode: "We decided to try for just one more, and ended up with six!" Their initial reaction to the news was shock (see the excerpt "Our Decision, Our Destiny" from Jon and Kate's new book, *Multiple Blessings,* page 156), and the worrisome prospect of how this would affect Cara and Mady. In fact, once the babies arrived on May 10, 2004, daily life as they knew it changed forever. Kate tenses as she recalls the bleak months that followed, when dozens of volunteers crowded in to help care for the sextuplets. She struggled to show her gratitude, but "we didn't even know 95 percent of the volunteers in our house," she says. "I can't accept every person who walks in to feed my babies. My five-pound babies with reflux—I'm supposed to just hand them over? There were days I just wanted to cover my head with a pillow. But I knew my babies were counting on me, and I had to keep it together. I had to keep it together for Jon, who was falling apart—he'd been laid off when I was pregnant and was applying for every job under the sun."

The woman who once put all the Fisher-Price Little People in perfect order was at the center of an often uncontrollable situation. Still is. "I think that [having twins and sextuplets] is where God has put me to force me to let go," she says. And let go she did, in a very public way: The family filmed *Surviving Sextuplets and Twins,* which aired in May 2006 (a news report about Kate and Jon had caught a Discovery Health producer's eye). Kate appeared in a bathrobe for much of the show, amid cribs filled with crying babies.

Ironically, by the time filming started, the Gosselins were finding their sea legs. "Jon [an IT technician by trade] got a new job, and I was able to go back to work part-time," says Kate, a former nurse. "We could pay our bills and have some pride."

Never did it cross their minds that they might ultimately help support themselves with a reality-TV show. But when filming the special *Surviving Sextuplets and Twins: One Year Later,* says Jon, "they were already talking about doing a series." And so the Gosselins landed their new job: living their lives—in a fishbowl.

going public

Beyond the antics of all those kids, it's surely the parents' personalities—and their interaction—that draw viewers in. Kate is high-strung and adrenalized; Jon possesses a natural sangfroid that often strikes his wife as lackadaisical. And of course, sometimes he is. Friction ensues. Half the time, Jon plays along as the henpecked subordinate; other days, he's fed up and sardonic. Their exchanges are unflinching, and the result is perhaps the most honest and relatable marriage on TV.

For the record, there's palpable warmth between them in person. Despite their differing temperaments, these are two foxhole-bonded people who yearn for the same things in life: raising their family like other people do, with their feet on the ground. Kate calls their frequent bickering "harmless" and "an honest back-and-forth." She says that female viewers send her e-mails saying, "You took the words right out of my mouth." "I'm still asking Jon, when I'm stressed out, to notice please and ask me, 'How can I help you?'" she says. "By the time we're married 50 years, maybe he'll ask me that. But our marriage is going to go through many more years of fine-tuning. Right now it's taking a beating, because we have a house full of children."

Another factor draws them close as a couple: Somewhere in the past, an emotional chasm unfolded between Kate and her parents and Jon and his mother. "Other families of sextuplets have both moms living right around the corner, helping them," says Kate. "We've had none of that." Jon's father, who passed away in 2005, is the only grandparent whose image has appeared on *Jon and Kate Plus Eight*—a curiosity among fans of the show. The couple is determinedly evasive about the reasons for their absence, but they're happy to share the effect of it. "People see us arguing, and they say, 'When will Kate and Jon split up?' Well, never," says Kate. "He's the only one who's been by my side through all of this."

Squeezing in couple time also helps. "When the kids are in bed, we like to hang out, have conversations, and watch movies together," says Kate. They travel sans kids for speaking engagements. "We always slip in some fun while we're away," says Kate. The ability to dine out and make the simple request "table for two" is a romantic rush. So is an afternoon of shopping, like the one spent last spring in South Carolina. "It reminded us how much fun we have together," says Kate. "Of course, we shopped for the kids!" →

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A Family Affair

continued from page 228

principles of extreme parenting

But their best moments as a couple tend to come at the end of a challenging day with the kids. "It's when we do a crazy trip, like taking them to New York City, and we conquer it," she says. "We've actually high-fived!" Kate thrills to the husband-and-wife teamwork that these excursions require. "All of the proper supplies packed and organized: We both enjoy it!" she says.

Though the family has a part-time helper and meals are prepared for them on filming days, Kate has had to learn to let the small stuff slide. "You'll see my little girls with their hair messy," she says, sighing. "I'm trying to focus on the enjoyable moments, rather than keeping them clean every minute." Still, Kate has developed some tough-love tactics that she considers sanity-saving, though some viewers find fault with them. "You have to realize you're setting the rules for life," says Kate. "With six, we have no room for error." Specifically, here's how they keep their smallish house from looking like a ransacked Toys "R" Us: Don't buy too many toys. Upstairs toys stay upstairs. Basement toys stay down. And they don't deviate from those rules—ever. Kate developed her method for putting kids on a sleep schedule when the twins were babies: She let them fall asleep in their cribs on their own. "Mady cried for an hour, and I cried in the next room," says Kate. "But every night it got shorter. I've done that for every one of my kids." Picky eaters don't scare her, either. Her policy: "If you don't want the dinner I've made, the next meal is breakfast."

Of course, firm parenting can't remedy everything: "As a rule, there is usually somebody who is crying or upset," says Kate. For these tough times, she summons a couple of mantras. One: "It could be worse. They could be sick in a hospital." Two: "Bedtime always comes."

Kate's true burden isn't exactly caring for the children; it's the inability to offer any of them her exclusive attention. This leads to a particularly fierce brand of mother guilt. "It's hard to turn my brain off at night," she says. "When I choose Leah to take to the grocery store, and I don't know when I can tell the rest of them when their chances will be, that's guilt," she says. That's why she's OK with the kids infringing on her private time a bit. "Mady will come in and close the toilet lid and sit there and talk to me while I'm in the shower," she says. "I like to hear what they have to say." She calls these times her happiest: "For me, that's more like normal parenting."

Happily, "my roughest day now doesn't compare to what we went through in those early months," says Kate. Like nothing else, the experience drew them closer to God. The Gosselins say they had no choice but to trust in divine provision for their family—and they got it.

"Things that I started wishing for and praying for out loud started materializing," she says. She'd remind Jon that they needed paper towels, and an hour later, a volunteer would drop off a case. She'd make a mental note that the yard needed weeding, and a church group would call two days later offering to do it. "Right when I would flash back to when we'd been just a family of four and thought, We could have just been fine, He would very literally give me examples of how He was going to provide for me," she says. "I don't care if you believe in God or not. You couldn't explain it any other way. There's not a little man who sits behind the sofa phoning people."

Kate and Jon still firmly believe that their greatest help comes from above. "Many days I think to myself, The stress is too great," she says. "And then I am reminded that I don't need to rely on myself but on God. And I haven't fallen apart yet!"

what's next

So many unusual variables have already shaped their marriage; they're hardly able to process what life will be like down the road. "The other night," recalls Kate, "we sat on the porch swing drinking decaf, and asked each other, 'When we're old, what will we be like?'"

"I suddenly realized that I'm going to have five son-in-laws!" says Jon. "I'm not sure if I like that!" Adds Kate: "I have very vivid dreams of our family in the future—a house full of love, laughter, and lots of grandkids to spoil!"

The time she dreads? She admits that a house full of 13-year-olds is a little "too painful to think about." But the period that really concerns her is the day they all leave home. "I'm already worried about that empty-nest syndrome," she says. "Just as they came in a big group and overwhelmed us, they will likely leave in a big group, and the quiet will be even more deafening. Thus, our plan to adopt a tagalong."

That's right: They've looked into adopting a child from South Korea. "But we're over the kid limit," says Kate. Couples who have more than four children are generally ineligible to adopt from that country. "We only have double the amount you are supposed to have!" says Jon wryly.

"I know I'm crazy," Kate says. "But the desire [for another child] will not leave me. When you have eight, what's one more?" Kate then pauses, looks at Jon, and adds with a smile: "And then that would be it, for the record."

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Page 79

GOOD BUZZ: STAR STYLE

PAGE 55 **Pashmina,** $24, Concept One Accessories; concept1.com.

TRENDS FOR GROWN-UPS

PAGE 79 **Bow heels,** $148, Boden; boden usa.com. **Jacket,** $119, Chaus; 888-880-8004. **Blouse,** $275, Rebecca Taylor; 212-966-0406. **Suede jacket,** $258, Chico's; 888-855-4986. **On model: Skirt,** $220, Rebecca Taylor; see above. **Sweater,** $30, East 5th by JCPenney; JCPenney, 877-346-3527. **Earrings,** $80, Jennifer Rose; jenniferrosejewelry.com. **Bangles,** $143, Judith Bright; judithbright.com. **Satchel,** $45, Anya Hindmarch for Target; target.com. **Shaping tights,** $15 for set of three, No Nonsense; nononsense.com. **Pumps,** $70, Nine West at shoemall.com; 800-704-5478.

GOOD DEALS: FASHION

PAGE 80 **Cable-cuff gloves,** $42, Charter Club; Macy's, macys.com. **Houndstooth gloves,** $10, Dressbarn; 800-373-7722. **Suede gloves,** $26, Lands' End; 800-800-5800. **Leather gloves,** $30; Marshalls, marshallsonline.com. **Textured gloves,** $25, Echo; echodesign.com. **Gloves,** $20, The Limited; 800-756-4449.

GOOD DEALS: HOME

PAGE 91 **Votive set,** Tara Spa Therapy, Inc.; 866-224-1391. **Gift wrap,** The Container Store; 800-786-7315. ***See India, 1938* print,** art.com; 800-952-5592. **Andrea Blom bedding,** IKEA; 800-434-4532. **Mug set,** Rosanna; 877-343-3779. **Shower curtain,** Target; target.com. **Decorative box,** HomeGoods; 800-614-4663.

GOOD FAMILY

PAGE 97 **Lice Cure Lice & Egg Removal System,** Acu-Life; 800-633-4243. **Lice & Egg Treatment,** LiceMD; 800-431-2610. **Total Lice Treatment Kit,** Licenders; 888-542-3633. **The Complete Lice Kit,** Quit Nits; quitnits.com. **Schooltime Shampoo,** BioSafe Technologies; 877-828-4633.

BEST NEW RANGES

PAGE 120 #EW30EF65GS 30" **Free-Standing Wave-Touch Electric Range,** Electrolux; 877-435-3287. #96633 **Kenmore Elite Electric Range Model,** Sears; 888-536-6673. #WFE371LVS **Electric Range,** Whirlpool; 866-698-2538. #PLGFMZ98GC **Gas Range,** Frigidaire; 800-374-4432. #78852 **Kenmore Gas Range,** Sears. #RGB745WEHWW **Hotpoint Gas Range,** GE; 800-626-2005.

TOP SILVER POLISHES

PAGE 123 **Weiman Royal Sterling Silver Polish,** Weiman Products; 800-837-8140. **Twinkle Silver Polish Kit,** Malco Products; 800-253-2526. **Connoisseurs Silver Wipes,** Connoisseurs Product Corporation; 800-851-5333.

RISK-FREE STEMWARE

PAGE 124 **Canaletto,** Luigi Bormioli; Pier 1, Fortunoff, target.com. **Michelangelo Masterpiece,** Luigi Bormioli; specialty and department stores. **Wine series,** Riedel; 888-474-3335.

Page 91

INFLATABLE MATTRESSES

PAGE 126 **Eddie Bauer Printed Insta-Bed,** American Recreation Products; 800-972-3151. **Aero Sport All-Terrain Bed With Dual Power Pump,** Aerobed; 888-462-4468.

STURDIEST FOLDING TABLES

PAGE 126 #BT04Q **Folding Resin Multi-Purpose Table,** Office Star; amazon.com. #UT07S3U54D **Six-foot blow-molded table,** Samsonite; Lowe's, 800-445-6937. #238397 **Six-Foot Fold-in-Half Table,** Lifetime; Costco, 800-774-2678. #22315 **37" Square Card Table,** Lifetime; 800-424-3865.

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PAGE 162 **Rain boots,** $80, Chooka; Lord & Taylor, lordandtaylor.com. **Cable jumper,** $128, Boden; bodenusa.com. **Jeans,** $69, Liz Claiborne; lizclaiborne.com. **Scarf,** $30, Apt. 9; kohls.com. **Leather gloves,** $40, Fownes; Sears.

PAGE 163 **Cape,** $178, Talbots; 800-825-2687. **Turtleneck,** $30, Coldwater Creek; coldwatercreek.com. **Pants,** $90, Lauren Jeans Co. by Ralph Lauren; select Bloomingdale's, ralphlauren.com. **Gloves,** $25, Gap; gap.com.

PAGE 164 **Jacket,** $249, Ann Taylor; anntaylor.com. **Scoop-neck,** $25, L.L.Bean; 800-809-7057. **Harper pants,** $118, Gianni Bini; giannibini.com. **Larsen boots,** $128, Talbots; see above.

PAGE 165 **Jackie dress,** $158, Pendleton Woolen Mills; pendleton-usa.com. **Jacket,** $148, Boden; see above. **Venezia boots,** $179, Etienne Aigner; select Macy's.

PAGE 166 **Dress,** $158, Donna Ricco; donnaricco.com. **Cardigan,** $50, Uniqlo; 800-486-4756. **Earrings,** $38, In2 Design; in2designing.com. **Gloves,** $42, Buji Baja; 800-982-1569.

PAGE 167 **Skirt,** $109, Jones New York Signature; Macy's Herald Square, 212-695-4400. **Turtleneck,** $49, J.Jill; 800-642-9989. **Earrings,** $32, Silpada; 888-745-7232. **Belt,** $36, American Living for JCPenney; jcp.com. **Fabrizia boots,** $595, Cole Haan; 800-201-8001.

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Cover: On Jon: Shirt from J.Crew; pants from Banana Republic; shoes from Cole Haan. On Kate: Shirt from Michael Stars; pants from Calvin Klein; shoes from Camper Wedge. On boys: Shirts from Bu and the Duck; shoes from Sperry Top-Siders.

Page 154: On Jon: Shirt from Banana Republic; jeans from Lucky. On Kate: Sweater from Boden; jeans from Banana Republic; shoes from Camper; earrings from R.J. Graziano; necklace from Mary Louise Designs. On older girls: Tops from Billabong; jeans from Gymboree. On younger girls: Skirts and cardigans from Lands' End; shirts from Janie and Jack; shoes from Stride Rite. On Colin, Aaden, and Joel: Shirts and sweaters from Kule; pants from Gap; shoes from Gymboree.

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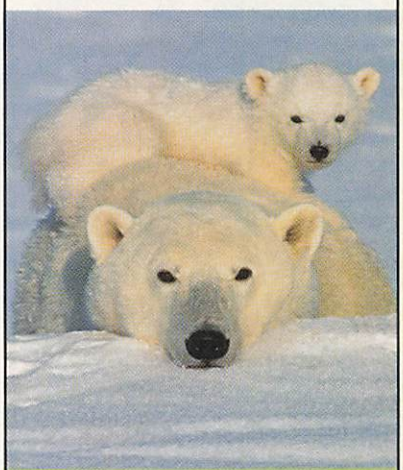

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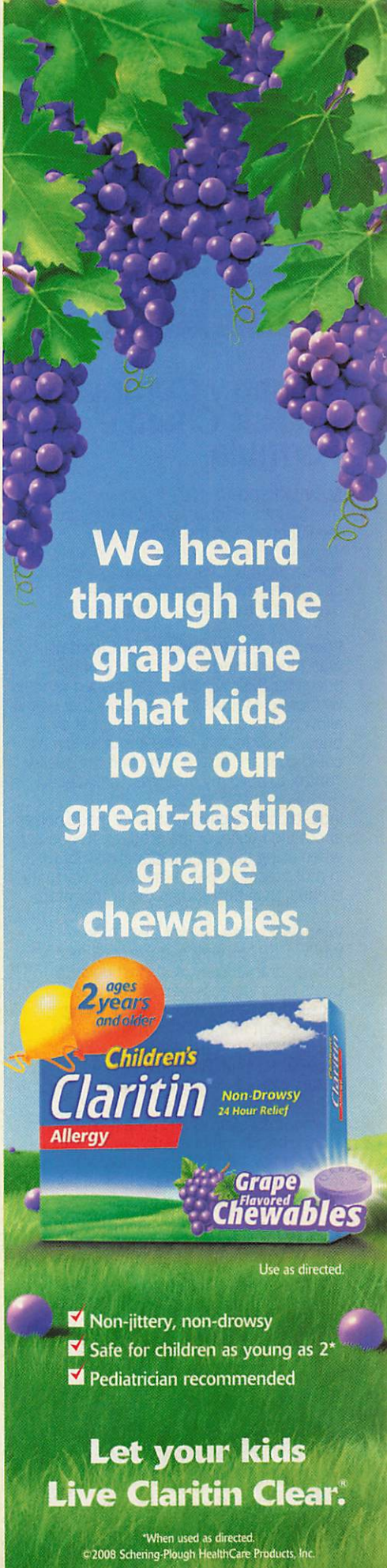

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Window World's current CEO, Todd Whitworth, has watched the business change dramatically in the last decade. Costs have increased and there was pressure to raise rates. "I'm not going to budge off that price," said Todd. "We are the '$189 installed' guys. People know us for that. We make up the dollars with efficiency and sales."

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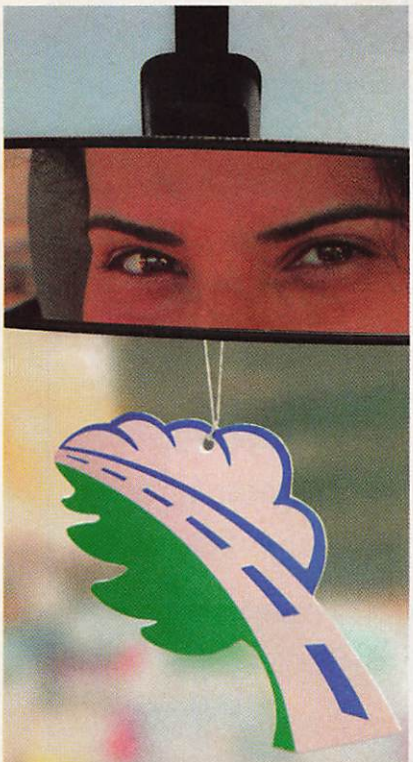

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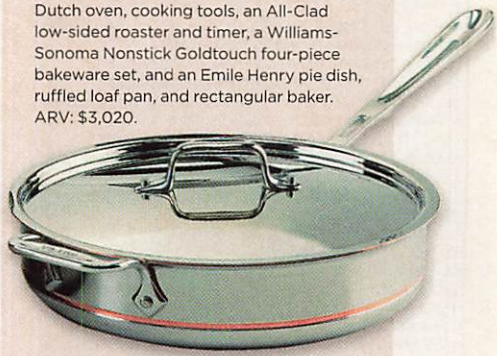

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$250,000 Instant Nest Egg Sweepstakes
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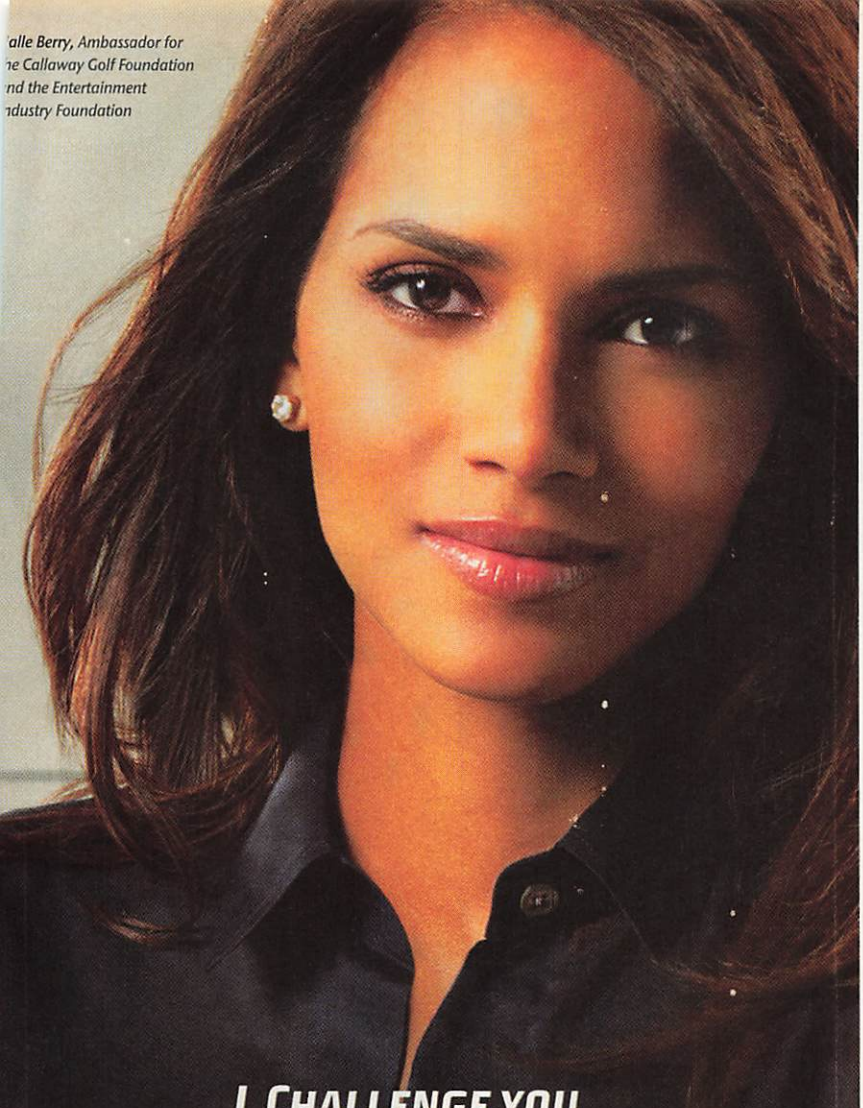

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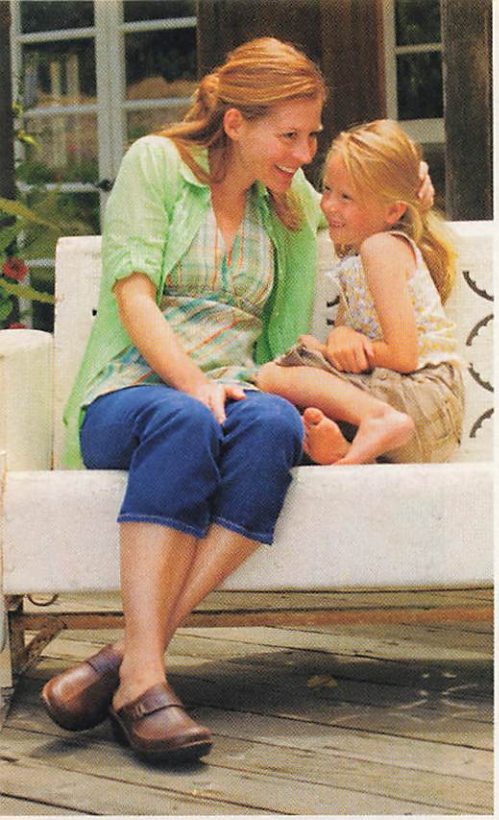

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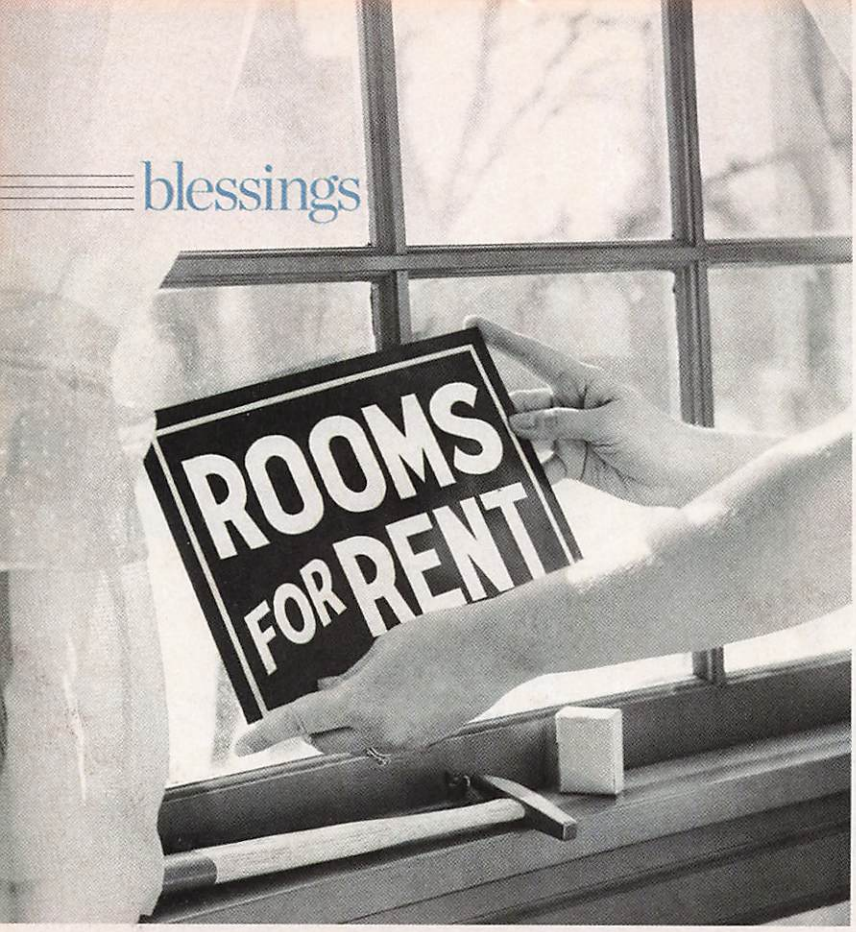


Open-Door Policy

Everything I know about hospitality I learned at Aunt Marion's

By Elinor Lipman

For the first 12 years of my life, I lived in the smallest house on Cascade Avenue in Lowell, Massachusetts. Its five rooms fit us fine, I thought: My sister and I shared a bedroom across the hall from my parents. We had no dining room or guest room, which meant visitors rarely crossed our threshold. But I didn't have to go far—six blocks—to experience an open-door side of life: the grand white Victorian that was Aunt Marion's boardinghouse.

To a shy little girl raised under glass, "rooms to let" was thrilling and near-incredible: Perfect strangers lived upstairs, sleeping on family sheets and pillows, in possession of a front-door key. Auntie Marion was my mother's older sister, a sunny, affectionate, aproned woman, who never failed to greet her nieces' frequent arrivals with her arms wide open. She and Uncle Lenny, a shoe salesman, were not rich; they'd bought the queen-size edifice for its income potential.

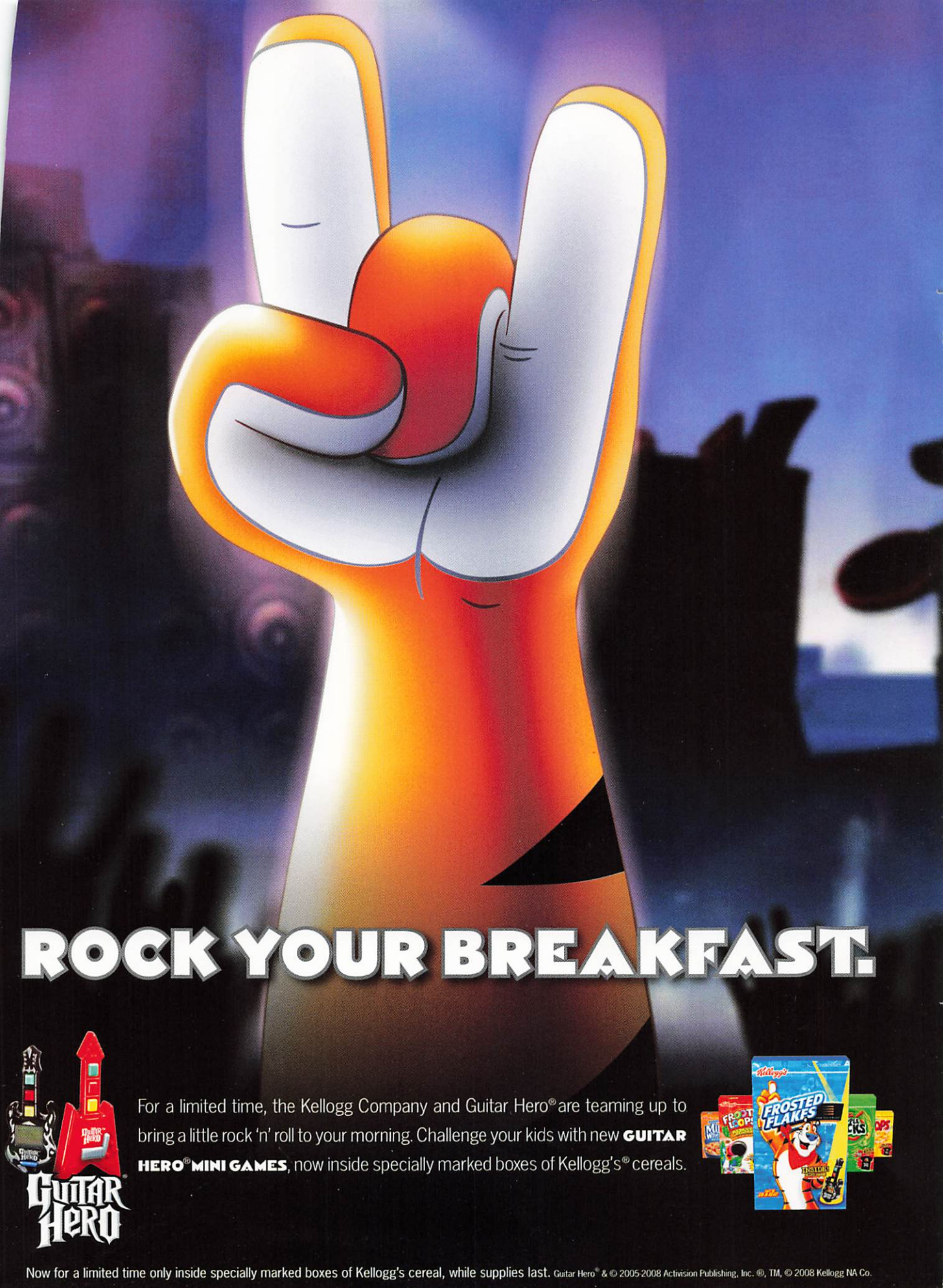
The boarders, many of them refugees from post–World War II Europe, were mostly sent by the Lowell Textile Institute housing office. They could have been monks or CIA operatives—so quiet, so neat, so buttoned-down and well behaved—or so it appeared to me, the awe-struck child. The house itself had me in its thrall: its double front doors, stained glass windows, and hitching post out front. I knew every inch, not from snooping, but as a devoted visitor, delighted to trail after Aunt Marion, playing junior chambermaid, as she dusted knickknacks on the mantel, made the beds, and cleaned the bathroom (ammonia, always). She never scolded, never once said, "No, sorry, not a good time for you to drop by."

My elementary school was closer to her house than my own, and no lunch date delighted me more than the one in Aunt Marion's kitchen. During holiday meals, she shrugged away differences of opinion with her homey, philosophical, "That's why they have chocolate and vanilla." Long before "role model" came into popular usage, she represented all the term encompasses to a youngster whose own mother could be a little aloof to strangers. She was friendly to all, a hostess so obliging that she baked her cakes and kugels half with raisins, half without, to please all tastes.

Though I resemble the other side of the family, my father's, there's no higher compliment than being told I remind someone of Aunt Marion—which I translate as, "Woman who keeps her bad moods to herself." I seem to have inherited not only her recipe for rugelach, but also a rooming house inclination, in place of my parents' "no vacancy" policy. And when a friend or acquaintance (OK, relative stranger) writes, "Coming through town! Would love to see you/meet you/grab a cup of coffee," a beloved voice from my past almost always prompts me to ask, "Do you need a bed?" ■

Elinor Lipman is the author of eight novels. Her ninth, The Family Man, *will be out next June.*

Photograph by H. Armstrong Roberts/Alamy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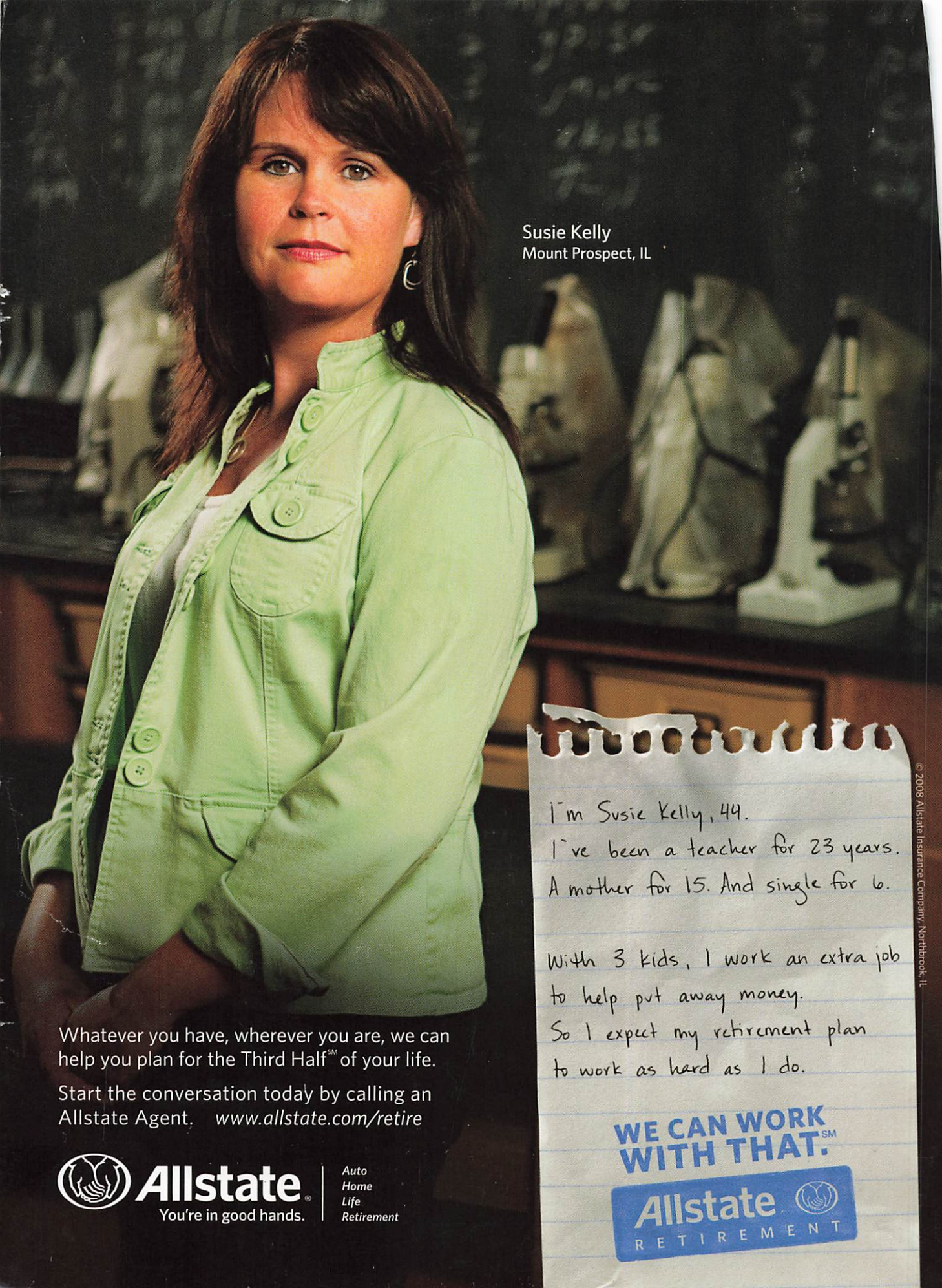
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